HOW TO DO EVERYTHING FASTER P74





The let's go outside and do everything new khaki.

Spring is weird.

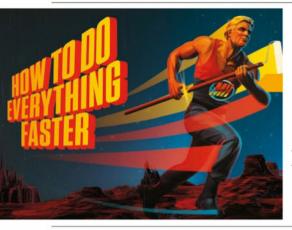


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Doing good is good for your health. But what happens when a moral code becomes too complicated to decipher? It's time to rethink your notion of right and wrong.





Your time is your most valuable asset, and it's under assault every second from your boss, buddies and your own body. Prepare to strike back.



Fruit drink companies aren't always 100 per cent straightforward about what their products really contain - or don't. So we turned to some top nutritionists for the juicy truth.



The real reason why your missus loves watching you do the chores.



Felix Baumgartner, who set records for skydiving from over 30km, reveals what it takes to develop his brand of bravery.





Boost your mobility and pack on lean mass with five killer combo moves.



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Remake your body by breaking all the rules you think you know. Are you ready?





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MensHealth ED'S NOTE

5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

BUILDING CHARACTER

It's tough being a nice guy these days. While we learned early in our lives from our parents that we had to be good, and that it was important to be virtuous, we discover from the world as adults that there are many shades of grey in between, with moral dilemmas filling our news feeds – like our recent quandary, perhaps, on whether to accept the ALS ice bucket challenge.

Overall, the campaign was a success – it raised more than US\$100 million. Yet it's likely that most of the people in the videos were projecting a do-good image without actually doing good.

When analytics firm RJMetrics scrutinised 1,500 of the videos on Youtube, it found that only 20 per cent mentioned a donation. The point was to raise money – but 80 per cent of the participants probably failed to crack their wallets.

In our new survey, 93 per cent of respondents claimed to be moral – yet 84 per cent said they sometimes acted immorally. So do you wipe off your sweat from the machines at the gym, or leave it for the next guy to do? Accept the praise from your boss, or deflect it to the colleague who really deserves it? You know what's right, but it's easier to act in your own self-interest. And the payoff comes faster.

If you've had the same dilemmas like me, make sure you check out our piece on page 30 to figure out if you're a righteous dude or not. And if not, how you might turn things around and head into the light. You know our parents would approve.

Kelvin





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FIGURE OUT
HOW YOUR
RELATIONSHIP
IS GOING.





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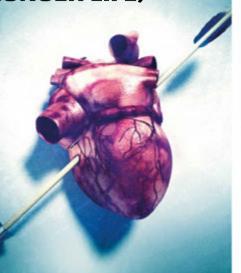
3 SECRETS TO A HAPPY MARRIAGE

For some men, it's tough to balance career progression and married life. Find out how you can keep your wife happy and gain a job promotion at the same time. tinyurl.com/mhmarriage



EAT YOUR WAY TO A HEALTHIER HEART (AND LONGER LIFE)

Incorporating certain diet habits can help safeguard your ticker against heart problems.
Columbia University scientists in the US say you can significantly reduce your LDL (low-density lipoprotein cholesterol) particle number (a marker of cardio risk) by cutting your trans-fat intake by just 1 per cent for a year.
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5 COMMON MISTAKES YOU MAKE AT THE GYM

Trainers like to say the most important part of any training programme is consistency. If you don't hit the gym regularly, you'll never see results. Indeed, it doesn't matter whether you're a weightlifting neophyte or a seasoned ironworker, odds are your routine is peppered with missteps that are holding you back. The more bad habits you do away with – skipping cardio and eating less, for example – the faster your gains will be. tinyurl.com/mhgymtip

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ASKMEN'S HEALTH





f your first instinct is to apologise, you're on the right track. A recent study in the journal *Proceedings Of The National Academy Of Sciences* showed that "peacemaking efforts", such as apologies and taking responsibility, increase the chances of forgiveness and reduce anger. "All of the things that people are motivated to do when they have hurt someone they care about really do appear to be effective at helping the latter forgive and get over their anger," says lead researcher Michael McCullough. But "sorry" tends to be the hardest word to say, so consider the following techniques instead.



"I'm truly sorry and take full responsibility. What I did was wrong." This is your basic four-part acknowledgement, which is usually reserved for the most serious infractions (for example, blunders that would get you

A YOU LET SOMEONE DOWN

fired on the spot).

Don't just make amends: also make sure to say that you felt really bad about it. According to research published in *The Journal* Of Positive Psychology, an apology may be needed to fully repair the damage. The study found that while participants are more likely to show forgiving behaviour if they receive restitution, only those who received an apology as well are more likely to say they have forgiven the offenders. "Making amends can facilitate forgiveness," note the researchers, "but if transgressors seek both

psychological and interpersonal forgiveness, they must pair the restitution with apologies."

YOU'RE FACED WITH A DISGRUNTLED CUSTOMER

Bite the bullet and say the magic words: "I am sorry." According to economists at the University of Nottingham in the UK. firms that simply say sorry to unhappy clients fare better than those who offer financial compensation. Their research showed that people were more than twice as likely to forgive and continue to do business with a company that said sorry than one that offered them cash instead. "The apology should have been regarded by the customers as calculated, insincere and just cheap talk," says study co-author Dr Johannes Abeler. "Yet it still vielded much better outcomes than offering cash compensation."

LEGAL EASE

WHAT'S THE LEGAL RECOURSE IF MY INSURANCE DOESN'T PAY ME WHEN IT SHOULD? – Anthony

If your claim falls within the ambit of your policy. you may have a course of action under breach of contract, says Samuel Seow, the managing director of Samuel Seow Law Corporation. "You will be able to claim compensation in the form of damages stemming from a breach of contract, which covers all foreseeable damages resulting from said breach of contract including, but not limited to, the sums the insurance should have paid you."

Do you have a question about the law that you want to find out?
Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

A YOU'VE SCREWED UP IN PUBLIC

Say this to everyone within ear- and eyeshot: "Well, imagine my embarrassment!" advises Marianne Dainton, author of Applying Communication Theory For Professional Life. It's meant for minor goofs, like when you accidentally knocked your great-aunt's casket off its stand because you drank a bit too much before the wake. You become part of the joke, not the butt of it. If no one's laughing, follow up with:







CAN HEADING A SOCCER BALL HURT MY BRAIN? – Rory

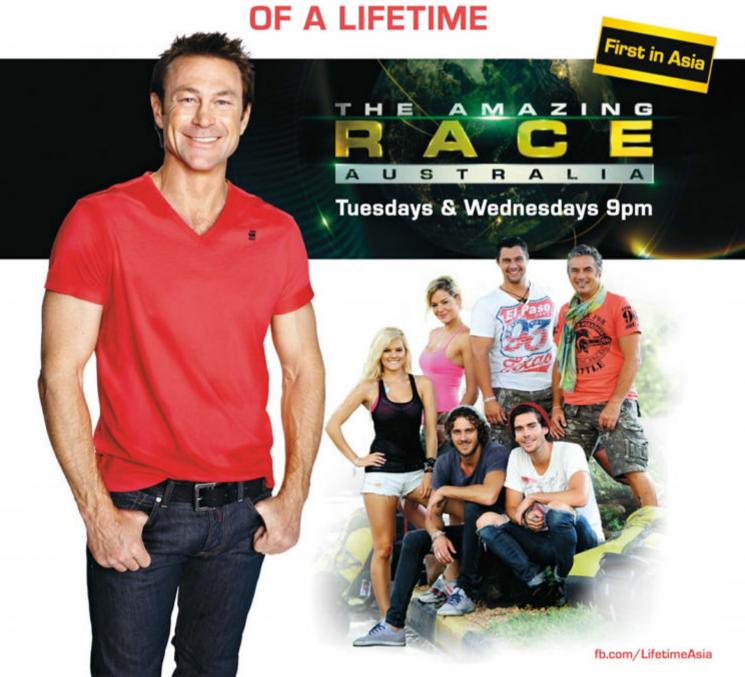
MAYBE.

It depends on how often your head meets the ball. A 2013 study in the journal

Radiology – one of the first to use MRI brain scans to study the cumulative effect of "sub-concussive" blows to the brain – found that brain abnormalities started appearing in regular soccer players who clocked between 900 and 1,500 headers in a season. Those who headed the ball more than 1,800 times in a season scored worse on memory tests. Subsequently, a separate study published in the journal Brain Injury also concluded that heading a soccer ball can damage the brain.



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EMPTY BELLY, FULL BRAIN

Trust your growling gut: You're more likely to make smarter decisions on an empty stomach, according to Dutch researchers. Study participants who fasted before taking a series of tests made winning choices 50 per cent of the time, compared with only 40 per cent for folks who ate a meal beforehand. "Being hungry may make you think less and act more on impulse," explain study author Denise de Ridder. The implication: Undereating curbs overthinking. The intuitive approach might help when you're under pressure to make a complex call, she says.

ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE

Smoking may increase risks for patients being treated for prostate cancer, according to a study published in *BJU International*. The findings showed that those who are smokers have a 40 per cent increased risk of cancer relapse, as well as more than twice the risks of cancer spread and cancer-related death, compared to patients who never smoked.

BLOCK OUT DISTRACTIONS

One device at a time, people: Media multitasking may physically alter your brain, a British study suggests. The researchers found that the grey matter of screen junkies' brains was less dense in an area known as the anterior cingulate cortex, which helps regulate thought and emotion. Deterioration of this region could shorten your attention span, and may explain why media multitaskers are more likely to be depressed or have social anxiety disorders, according to study author Loh Kep Kee. In other words, keep your head on straight and turn off your cellphone. And your tablet. And the TV.



The percentage grey matter boost in people 10 years after they reported eating fish (baked or broiled) at least weekly, compared with folks who didn't.

SOURCE: AMERICAN JOURNAL OF PREVENTIVE MEDICINE

MID-LIFE CRISIS

➤ You may want to cut down on the booze as you get older. Heavy drinking in middleage (in your 50s and 60s) raises your risk of stroke more than traditional factors such as high blood pressure and diabetes, according to new research in the American Heart Association journal, *Stroke*.

Researchers found that heavy drinkers (more than two drinks a day) had around a 34 per cent higher risk of stroke compared to light drinkers (fewer than half a drink daily). Also, mid-life heavy drinkers were likely to have a stroke five years earlier in life, regardless of genetic and early-life factors. PHOTO BEN WELSH/CORBIS

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NUTRION

SMOOTH MOVE

Shake yourself awake: A morning protein smoothie may help shield you from type-2 diabetes, an Israeli study suggests. By measuring the study participants' post-smoothie blood sugar, scientists found that those who had downed a beverage containing 50g of whey protein had a 28 per cent reduction in glucose levels three hours later. Pounding protein may ramp up production of GLP-1, a hormone that causes your body to make more insulin. This process could help stop a glucose spike before it starts.

RACK UP ROUGHAGE

The Incredible Bulk is coming to your rescue. A 2014 Korean study found that, on average, men who ate the most fibre were 27 per cent less likely to die over 11 years than those who ate the least. As you digest fibre, it forms short-chain fatty acids that fight the inflammation linked to type-2 diabetes and stroke. See the chart (right) to boost your fibre power. Aim for 38g a day.



ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T **IGNORE**

When you digest resistant starch – a type of complex carb — it breaks down to form butyrate, a molecule that can offset the harmful colon cell growth associated with eating red meat, Australian research found. To eat more, go for slightly under-ripe bananas, chickpeas and cold potato salad, all of which are high in the stuff. (Reheating can destroy resistant starch – that's why you want the cold spuds.)

The percentage reduction in vour stroke risk if you increase your daily intake of olive oil by 5 teaspoons.

SOURCE: BRITISH JOURNAL OF NUTRITION



may reduce your risk of liver problems,

according to a new study from the US National Cancer Institute. People who reported drinking at least three cups of coffee a day (regular or decaffeinated) were 31 per cent less likely to have high levels of an enzyme that can indicate liver disease. The study authors believe several compounds found in coffee including anti-inflammatory substances called diterpenes - may help promote liver health.









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The percentage average score earned by a group of 1,800 certified trainers on a test of physical activity guidelines.

SOURCE: THE JOURNAL OF STRENGTH AND
CONDITIONING RESEARCH

SUSPEND YOUR SOLO WORKOUTS

Start sweating with others. People who do group high-intensity functional training, like Crossfit, are nearly twice as likely to say they will stick to the fitness plan, according to Kansas State University research in the US. "Participants liked the variety, results and competitiveness," says study author Katie Heinrich.

SHIFT YOUR PERSPECTIVE, BOOST YOUR PERFORMANCE

Old rule: Focusing on internal cues, such as pushing your torso up during a push-up, is the best way to maintain good form while training. New Rule: Men can generate more force and bang out more reps by focusing on external cues (for example, shoving the ground away during a push-up), according to a Strength And Conditioning Journal review. To move more weight, use the cues below.

PULL-UP: Pull the bar towards the floor. **SQUAT:** Push the floor away and apart with your feet.

DEADLIFT: Anchor your feet to the floor and drive the bar towards the ceiling. **PLANK:** Imagine that you have one glass of water on your head and another on your hips. Try not to allow either glass to spill.

APRIL 2015 21

PUSH YOURSELF TO NEW HEIGHTS

The next time you do an overhead press, don't just stand there give yourself a push. The push press can help you build serious lower-body power, according to a new study by British researchers. When participants performed the move, which adds a partial squat to the overhead press, they exerted the same amount of force into the ground as they did during a barbell jump squat. The takeaway: By swopping your regular shoulder exercise for the push press, you receive the benefits of two moves for the price of one. Just 3 to 5 sets of 3 to 5 reps a week will do the trick.

WEGHT LOSS Bulletin



Go your own way: Popular diets all produce similar short-term results, a Jama review reveals. People lost an average of 8kg in six months regardless of their programme, before the backsliding began. Some diets may be harder to stick with than others, says researcher Edward Mills.

The percentage increase in pasta devoured when diners' companions were overweight.

SOURCE: APPETITE

HACK YOUR DIFT

Use your laptop to lose weight: Ordering lunch online can save you calories. A study in the journal Appetite found that people who pre-ordered lunch online selected meals with 115 fewer calories and 5.4q less fat on average than lunches that were purchased in person. Here's why it works: Study author Etienne Phipps says online planning removes sensory cues, such as food smells, from the equation, helping to prevent unwise meal choices.

SUGAR, YOU AIN'T SO SWEET

The enemy has been identified, and it's not french fries. Of everything we eat, sugar is the greatest predictor of weight gain in men, say researchers in Japan. For every 5g of sugar men consume daily, they gain almost a quarter kilogram within the year. An easy way to cut back is to forego the sugar in your coffee, says study author Dr Hirohito Sone. One teaspoon is 4g of sugar. Your efforts can snowball from there.



LIGHTEN UP THE NIGHT

Flip your meal plan around. Eating your biggest meal in the evening may raise your risk of obesity, according to new research from Italy. In fact, the risk was double for study participants who consumed half or more of their total daily calories at dinner. That may be because insulin sensitivity falls later in the day, while absorption rates of dietary carbs increase, says study author Dr Simona Bo. So eat a big breakfast, a medium lunch and a small dinner, she says.

HOTO C.J. BURTON/CORBIS





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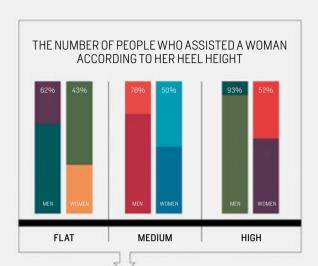
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HELPING DAMSELS IN... HEELS

Are we really this predictable? The higher a woman's heels, the more likely men are to help her.

Researchers in France watched how guys reacted when a variably shod woman dropped a glove on the sidewalk. "Heel size exerted a powerful effect on men's behaviour," the study notes. Possible reasons: Heels make her taller, her gait is sexier, and media messages condition us to associate high heels with sex. The attraction held true in four separate experiments, even with the woman seated.

ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE

A study published online in the journal Addiction Biology found that the "appetite hormone" ghrelin increased sexual activity in mice. The effect was confirmed in a follow-up experiment, where rodents that received a ghrelin inhibitor instead decreased their sexual activity. Whether the hormone has the same impact on humans is unknown. But if it does, the researchers may have found the key to future treatments for sex addiction.



The number of nerve endings in the clitoris dedicated exclusively to female pleasure. The penis only has 4,000.

SOURCE: RAFFLES MEDICAL GROUP

FLIRTING WITH DANGFR

If you hear a dude say nice things about your girl, fine. But women tend to be wary of other women who compliment you, an Arcadia University study in the US found. More so than men. women watch out for potential mate poachers especially their gal pals, who'd know if the relationship has hit a rough patch, says study author Christina Brown. Just tell a female flatterer "thank you" and move away, Christina says. Then lean towards your woman or put

SPOONING SECRETS

an arm around her.

Stay awake after sex. People who hit orgasm share more secrets after sex than non-climaxers, reveals a

Communication Monographs study. The release of the hormone oxytocin after orgasm may help us read social and emotional cues, and see a benefit in speaking freely, according to study author Amanda Denes. Oxytocin may heĺp vou realise that you bond more if you share more. Take her pillow talk as a coital compliment.



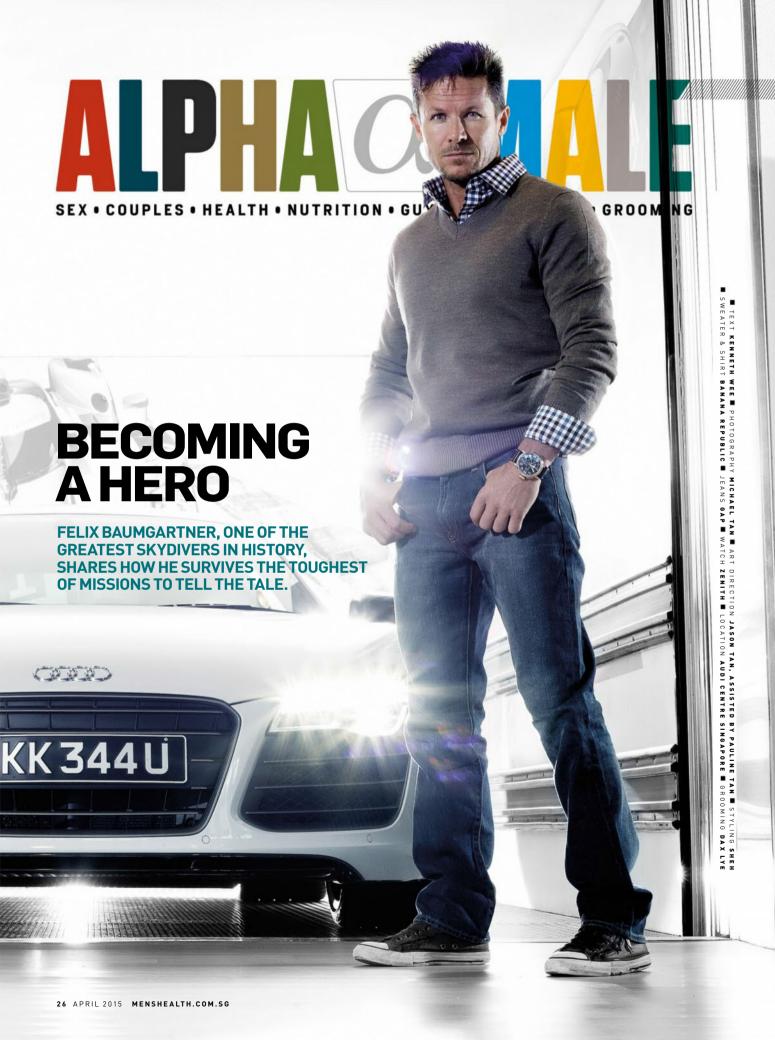
Men aged 25 to 64 are most likely to seek an affair when their age ends in this digit.

SOURCE: PNAS



IS AN STD

Sex and drunkenness make bad bed partners. Booze raises your odds of contracting HPV, a study in Sexually Transmitted Infections reveals. Nearly 70 per cent of men who exceed 21/2 drinks a day carry the human papillomavirus that's about 11 percentage points higher than the rate of more moderate drinkers. Even factoring in sex habits, these guys ran higher risks of any HPV infection (by 13 per cent) and of cancer-causing HPV types (by 35 per cent) than men who drank the least. Alcohol, even in moderation, can hamper your immune system, says study author Matthew Schbath. So use condoms and book an HPV vaccination it's nearly 100 per cent effective.



wo and a half years ago, Felix Baumgartner promised his mother that he would slow down after his superfamous supersonic skydive from the stratosphere. "I told her I'm not going to do high-profile jumps anymore," he says. The Austrian pauses. And then with a cheeky grin, he adds: "I never said anything about racing." The Red Bull athlete is back in the spotlight, this time under the intense glare of the race car circuit. Felix, now 46, is getting the chance to fulfil a childhood dream, thanks to a

I'm not selected However, that's not to because I'm say the daredevil takes his one of the best drivers around,"

programme called the Audi Driving

Experience, in which a "gentleman

driver" (as amateur racers are known)

is slotted into a team of professionals.

says the fit and photogenic ambassador of the Austrian energy drinks company, with an intriguing attitude that's self-deprecating and selfdramatising at the same time. "I was chosen because I'm Felix Baumgartner, and it's a win-win situation when you put a big name in an Audi car. I'm having a good time, and Audi gets a good promotion worldwide.'

Driving a high-powered Audi R8 LMS race car. Felix and team finished an impressive 9th place in Germany's Nurburgring 24 Hours race last year (out of 175 cars). They also clinched another top-10 finish at this year's Bathurst 12-hour race in Australia, beating 41 cars to finish 9th. Not bad for a middle-aged rookie driver. Any doubt over Felix's racing credentials was put to bed.

death-defying successes for granted. There is a method to his madness.

PRACTISE, PRACTISE. **PRACTISE**

For a start, Felix is no slacker when it comes to preparing for whatever tasks lay ahead. "Putting a skydiver into a race car, in one of the most difficult race tracks in the world. is dangerous," he says. "I needed to practise and practise and practise."

For the Nurburgring race, he says he'd hit the racing simulator whenever he got the chance, including sessions in the middle of the night, to get a taste of round-the-clock racing. "I need to know every corner by hard, because there's so much going on during a race, so many cars behind and in front of you. When you're going 270km/h up a hill, you have to know what's coming up behind that."

He also competed in the German VLN series races on the Nurburgring circuit leading up to the 24-hour race. "I needed every race," he notes, "because you learn something new every time."

DON'T GAMBLE WITH YOUR LIFE

Felix accepts a certain degree of risk in his daring endeavours. But only 10 per cent, he concludes. "I want to stay alive. I don't do 50-50. That's gambling."

It took over five years of preparation before the commercially backed Base jumper leapt from 39km above Earth to set three world records in 2012 - of which only one was broken last October by Google executive Alan Eustace, who beat Felix's freefall height by 2.4km.

In other words, by the time Felix stood on the step of the capsule in lethally thin air,

there was little doubt about his survival

"I have to be 90 per cent sure everything goes as planned," he says, noting parallels between Base jumping, extreme skydiving and motorsport. "There's a 10 per cent chance I'll hurt myself or, even worse, die. But that 90 per cent is my preparation: surround myself with a good team, listening and learning, and making sure I've done my homework.'

NO CHALLENGE IS TOO GREAT

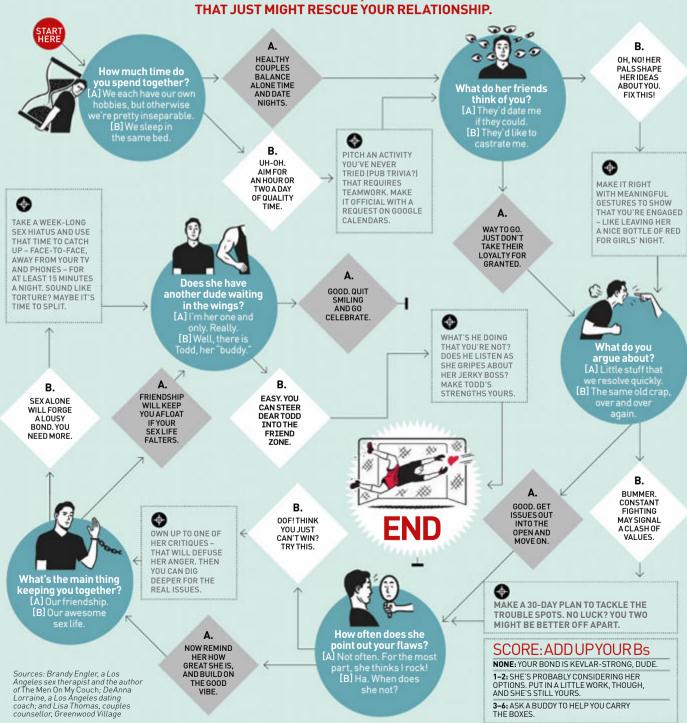
You're only as good as your next challenge, Felix says. "It's very important to leave vour comfort zone and sign up for new challenges, whether it's a new job or travelling around the world to see different cultures. This shapes your mind and expands your horizon."

That said, having a little fear is necessary. In spite of his nickname "Fearless Felix", the world's most famous parachutist is still human after all. "My biggest fear was ending up in a wheelchair because of a serious injury," Felix reveals. "Every jump, every skydive could land me in a wheelchair. That was always weighing on me."

And perhaps the biggest challenge of all is to have the courage to end your career on a personal high.

'I've been parachuting for 25 years, and even if I'm always well-prepared, I still need a lot of luck to survive. Now, it's time to move on, I'm a commercial helicopter pilot, and I hope to work in search and rescue.

THE SEX AND BENEFITS OF COUPLEDOM ARE PRETTY AWESOME, BUT MAINTENANCE IS A MUST. ARE YOU KEEPING UP YOUR END? USE THIS FLOWCHART TO TROUBLESHOOT KEY PROBLEM AREAS, AND DEPLOY THE POWER TOOLS THAT JUST MIGHT RESCUE YOUR RELATIONSHIP.



LAURA TEDESCO

ILLUSTRATIONS R. KIKUO JOHNSON

Eyebrow Enhancement

Eyebrow enhancement is a procedure that improves the shape, thickness, arch or balance of your eyebrows. Unlike eyebrow tattooing, eyebrow enhancement is less painful, looks more natural and is semi-permanent, lasting up to two years.

Brazilian Waxing

Skin Tags Electro Therapy
FDA Certified Body Shaping,
Sculpting & Toning
Permanent Hair Removal
Bachelor Brazilian Waxing
Skin Revival & Correction Facials

Aqua-peel Facial Treatment Other Waxing Services

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ARE YOU A RIGHTEOUS DUDE?

DOING GOOD IS GOOD FOR YOUR HEALTH. BUT WHAT HAPPENS WHEN A MORAL CODE BECOMES TOO COMPLICATED TO DECIPHER? IT'S TIME TO RETHINK YOUR NOTION OF RIGHT AND WRONG.

TEXT MATT McCUE PHOTO (MAIN)
WALTER ZERLA/CORBIS

PHOTOS (INSIDE) YASU + JUNKO



We live in a different time than our parents. Over the years, many moral conventions have changed. In some cases, the tables have turned entirely. For example, there was a time when the default moral position on divorce was unassailable. But in this and many hot-button issues, seismic shifts in attitude over the past few decades reveal that virtuous behaviour can be hard to define. For some, the line between right and wrong seems blurrier these days. So how do we decide whether we're standing on the righteous side of the fence?

Back in 2004, Men's Health ran a poll to check the moral pulse of the average guy. This year, we did it again. The responses, from nearly 1,500 American men, were not encouraging.

Compared with 10 years ago, the number of guys today who have allowed a drunk friend to drive increased 1½ times. Twice as many have revealed a close friend's secret, and 3½ times as many have lied to get a woman into bed.

But cheating on your significant other is still unethical, right? Probably not, according to the 28 million users of Ashley Madison, the online dating service for married people that has been banned in Singapore. The site's slogan: "Life is short. Have an affair." And our survey found that cheating is indeed up: In 2004, 28 per cent had done it. In 2014, it's 36 per cent.

Today, moral dilemmas fill our news feeds - like your recent quandary, perhaps, over whether to accept the ALS ice bucket challenge. Overall, the campaign was a success – it raised more than \$100 million. Yet it's likely that most of the people in the videos were projecting a do-good image without actually doing good. When the analytics firm RJMetrics scrutinised 1,500 of the videos, it found that only 20 per cent mentioned a donation. The point was to raise money but 80 per cent probably failed to crack their wallets.

In 2004, we cited research linking generosity with longer life. More recently, researchers at UCLA noted that people whose happiness came from a deep sense of purpose the kind you get from helping others, as opposed to the more superficial pleasures provided by self-gratifying behaviour - had lower levels of inflammation, and greater antiviral and antibody activity, indicating stronger immunity.

On some level, you probably sensed that doing good is good for you. But since "doing good" usually means doing something for someone else, maybe it wasn't a priority. In our new survey, 93 per cent of respondents claimed to be moral - yet 84 per cent said they sometimes acted immorally. So do you wipe up your sweat at the gym, or leave it for the next quy? Accept the boss' praise, or deflect it to the colleague who really deserves it? You know what's right, but it's easier to act in your own self-interest. And the pay-off comes faster.

Perhaps that helps explain the success of the Facebook "Like" button.

In a 2014 study, Dr Kurt Gray, director of the Mind Perception and Morality Lab at the University of North Carolina in

the US, and his colleagues analysed the 1.17 million members of the Save Darfur page on Facebook. As with the ice bucket challenge, most participants were more invested in the idea than they were in action. Among the nearly 100,000 original members, 99.8 per cent didn't donate and 72 per cent never recruited another member.

'They raised almost nothing compared with what a similar campaign would have raised offline," says Dr Gray. "The reason is that you got to look great without having to pay."

The Internet makes it easy to score a quick hit of feel-good emotion without actually doing anything. But if morality is considered a nutrient, then the cheapest forms of online activism are just doughnuts. "It's the equivalent of refined foods," says Dr Gray. "It's engineered to make us like it. but it's ultimately empty."

None of this is to say that we've all become selfish pigs. In one surprising shift in our poll, today's guys are more virtuous at work. We're now less likely to steal office supplies, share company secrets while interviewing for a new job, or carry out a boss'

unethical orders

So how can you be a better man? No need to spend every weekend in a soup kitchen. It's more important to simply consider your impact on the world and aspire to make it slightly better.

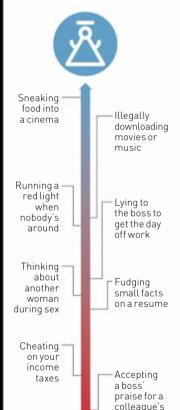
Morality is about what kind of person you are," says Dr Christian Smith, a professor of sociology at the University of Notre Dame in the US and the author of Lost In Transition. "People who exercise virtue know that when they get in a certain situation, they hardly have to think about it because they know how they will act.'

Gut check time: Evaluate your moral code right now, and ask yourself how well you're following it. Be honest, because if you're slipping up and turning into the kind of jerk even you can't respect, you're undermining your health and happiness. But if you feel good about yourself, you're probably well nourished with virtue. And please - when this story goes online, don't forget to "Like" it on Facebook.



SPECTRUM OF SIN

WE ASKED: ON A 1-T0-10 SCALE, HOW IMMORAL ARE THESE EVERYDAY INDISCRETIONS?





Putting a

drink on

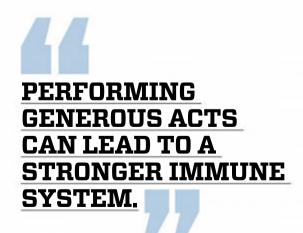
someone

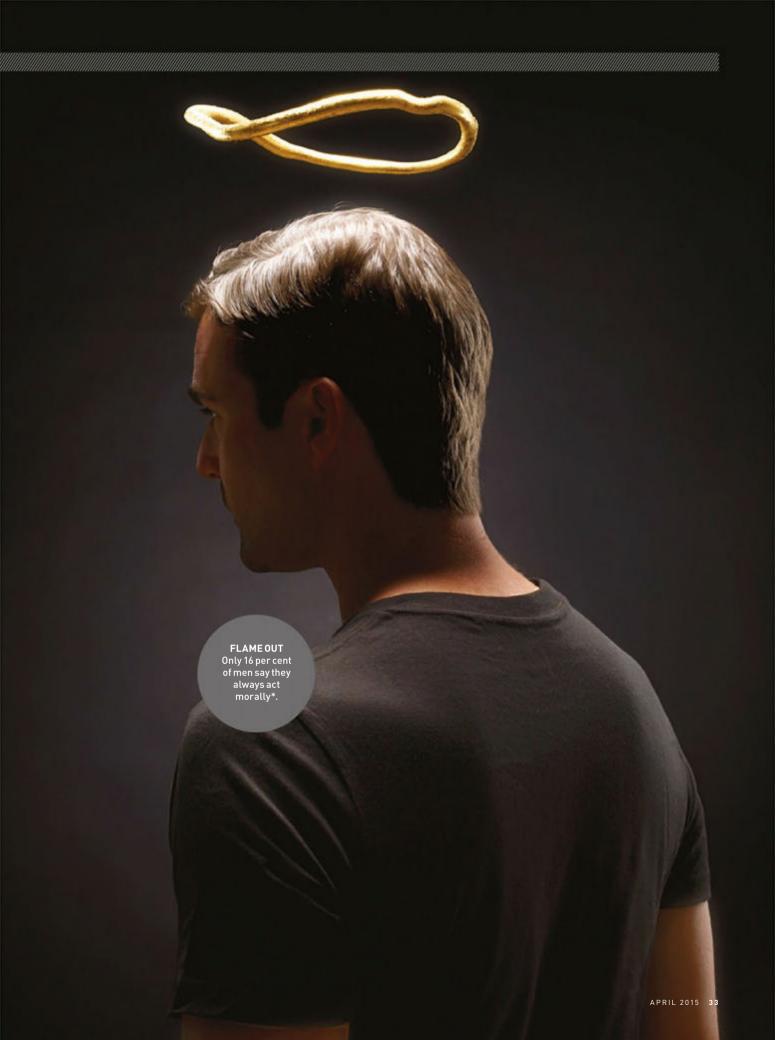
else's tab

at the bar

aood work

*Source: Men's Health poll of 1,430 men





MY MONTH OF HOLY HELL

OUR WRITER, ROBERT SANCHEZ, TRIED TO BE PERFECTLY MORAL FOR 30 DAYS – AND ALMOST REFUSED TO TELL US ABOUT IT.



One morning, after my daughter's swim practice, I ordered a takeout breakfast for us at a coffee shop: Two Asiago bagels with smoked salmon and cream cheese. I paid the cashier, grabbed the sack off the counter and hustled out the door. Down the street, my kid and I had just taken our first bites when I looked at the receipt.

"Crap," I said, mid-mouthful.

"What?" my daughter asked.
"We have to go back."

VIRTUE: BY THE NUMBERS

WE POLLED MEN
IN 2004, AND
AGAIN IN 2014.
GUYS, IT LOOKS
LIKE OUR MORALS
MIGHT BE
FAILING US.

2004 ● 2014 ●

THE LOVE GAME



have lied to get a woman into bed.

36% ==+29%

have cheated on their spouse or significant other.

37% ===-38%

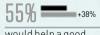
believe that having secret drinks with a former girlfriend constitutes cheating. 54% ===+35%

have lied to their wife or girlfriend about where they went.

16% =+23%

have had sex with a buddy's wife or girlfriend.

REST-BUD PRACTICES



would help a good buddy conceal a messy affair from his wife or girlfriend. **56%** +47%

admit that they have allowed a friend to drive drunk.

48% =---+92%

would feel obligated with to inform a female friend if her husband friwas cheating.

55% ===+6%

would act as a false reference to help a friend land a job. 43% ===-14%

have lied to a friend's wife about where they went together. It was fortuitous timing. A couple of nights earlier, I'd accepted a challenge to behave 100 per cent morally for an entire month. No lying, no lawbreaking, no shortcuts. I was to do the right thing – every minute of every day.

We marched back to the shop. I explained to the woman at the counter that she'd charged me for just one bagel. She wrinkled her nose.

"I owe you," I said. "Money." Only then did she realise what I was doing. "I've never seen this," the woman said, taking my credit card and staring at me in disbelief.

"That's karma. I believe in it. You'll see."

Thirty-one days later, I'm still waiting.

I've always been the good guy, the responsible one. I'm the neighbour you put in charge of watching your house while you're away. I'm the one you call up when you need advice. I don't smoke. I volunteer.

So what does an already good person do when he's already, well, moral? He cleans up the edges of his life – those areas he has neglected for lack of time, money or convenience. In a masochistic sort of way, the idea of morally outdoing myself was exciting. I figured I was good by default; now, I'd have to question it.

I called Dr Darcia Narvaez, a psychology professor at the University of Notre Dame in the US who studies morality and behaviour. She explained why my project wouldn't be easy: Our basic moral responses are probably programmed by the time we're three years old. "If your parents were responsive, then you might have a more egalitarian approach," Dr Narvaez told me. And if they weren't, you may have learned to watch your own back before helping others.

I was raised by loving, attentive parents. Maybe that's why I was so eager to embark on my morality trip, and why I made sure it infected every part of my life. I stopped speeding on my way to work. I went to church. I made a donation to an animal shelter. I even stopped jaywalking. My challenge forced me to practice patience. Cut in front of me in line at a convenience store? No problem. Let a door shut in my face? Turn the other cheek, baby. And here's the thing: It felt good.

Here's another thing: It felt too good.

Which made me ask: Was my newfound morality too self-serving? Is a good deed still good if I feel the urge to go off bragging about it? If I was looking for a simple answer, Dr Narvaez didn't have one. Instead, she encouraged me to look more deeply inwards. "You've become better at self-assessing," she told me.

"This is a skill you can develop and foster."

Thanks, doc, but selfassessing was all I seemed to be doing. I started to obsess about what I called the "economics" of my morality.

I found myself constantly weighing the outcomes of my decisions, no matter how trivial – or stupid. I realised this as I stood at an intersection on my way to a meeting one day. I was running late, still I weighed the question of whether I should cross against the "don't walk" red hand. Do I dash across and break the law, or do I wait and possibly miss my appointment? I debated this for so long that the sign made the decision for me.

A few days later, I thought about test-driving a Prius. But if I wasn't serious about buying, why would I waste a commissioned employee's time? She could be devoting her energies to an honest-to-goodness customer. In a way, by wasting 45 minutes of that person's time, I'd be stealing. Right?

Morality had paralysed me. Dr Narvaez assured me that my feelings were typical. "Once you start to self-examine, you realise morality comes down to decisions that affect more than yourself," she told me. "You've stepped behind the curtain, and most people don't do that." In other words, I should be struggling with these issues. By facing the dilemmas now, I may be able to automate my do-good actions in the future.

During my final week of absolute morality, I decided to stop overthinking. I accomplished plenty of good. moral things, but get this: I'm not going to tell you about them. I've realised that the glow from doing good is better when I stop seeking validation. Plus, my day-to-day acts of moral decency just don't seem worth boasting about - and that's okay. I've come to accept the simple fact that trying to become the very best version of myself is a truly noble pursuit, even if I never actually arrive there.

So maybe I'll go about my life and pick out my bagel moments. Maybe I won't speed as much. Maybe I'll donate money to charities a little more often. These are small gestures, and I'll be proud of myself when I do them.

But, no, I'm not going to promise I'll be 100 per cent moral. I'll be quite content to be moral enough.

FAMILY LIFE +24% say lying to their kids have no problem savit's fine to lust say it's totally fine would lie about would help their about their past drug with lying to their after their daughter's to lust after their military service daughter obtain birth use is morally okay. family about whether hot university friends. daughter's hot preto teach their kids control - and keep it a they've been drinking. university friends. about sacrifice and secret from the wife. patriotism. OFFICE CULTURE 34% =-+162% 20% = +82% -72% -60% have padded a would misrepresent would follow an would share secrets have cheated to consider it immoral company expense corporate finances to order from a of a current employer improve a golf score. to read confidential shareholders. report. superior to do while interviewing at documents left by an something unethical. a new firm. office printer or fax.

HEIGHTEN YOUR SEX APPEAL

TOP TIPS FROM A GLAMOUR MODEL ON MAKING HER NOTICE YOU.

PULL YOUR WEIGHT Azusa trains at the gym four times a week, with a personal trainer every other session. That means just by maintaining your weekly workouts, you'd already have something in common with her. "Train and eat well," advises the 28-year-old Japanese. "There's no need for guys

to get too big and muscular, but it's important to be healthy and fit. Work

off that belly."

CONSIDER THESE GYM DON'TS It's simple, really. Think about how you'd feel exercising next to a guy with too tight (or too loose) a tank top labouring and grunting away. Azusa has a few don'ts to offer: "Don't show off, don't wear tight pants, don't go topless and don't make a show of your muscles."



DIGITAL EXTRA!

Download Men's Health Singapore on Magzter or Apple Newsstand for more of Azusa Higa.



3

KEEP IT REAL Apparently, Azusa has met more stylish guys in London and Milan than any of the other big cities she has worked in, including Paris. New York City and Singapore. But that doesn't mean you should dress like the British or Italians. "It's more important to buy clothing that fit, and dress for the weather. Then throw on a nice pair of shoes, and think about being stylish in your own way."

6

STEP INTO BLACK

"Men need a pair of black leather shoes the way women need at least one black dress," Azusa says. It'll bring you from work and restaurant dates to smart-casual parties. "I like sneakers on guys, too. And wearing Converse with suits can be stylish, but it's difficult to pull off. Wear sneakers when we go for a picnic or hang out."

Œ

SHE LIKES CONVERSATION

"First impressions are very important, but conversation keeps me interested, especially if the guy is smart and witty," says Azusa, who lived and studied in the US for five years. Not sure what to talk about? Capitalise on our culture. "Singapore is very interesting and unique," she says. "I like exploring Little India and Chinatown, where there are still hints of the Singapore of old."



SKIP THE A-HOLE ACCESSORIES If you wear

jewellery, keep it simple. Too much bling makes you look like you work for the mafia," says Azusa. "I used to work for a jewellery brand in Japan, and men can wear, for example, a ring and look good." The operative word here being "a". And if you wear sunglasses, put it on when it's bright outside. "Don't wear it at clubs, in the dark," she adds. "It says 'Look at me, I'm a celebrity', which is a turn-off."

9

CLEAN UP YOUR IMAGE "I don't judge people by what they wear," Azusa points out. "But a fresh and clean image makes a good impression. Ditch the dirty T-shirts and tame your facial hair. A little stubble can be sexy, but a Brad Pitt beard? That's too much."

SPORT THE RIGHT SCENT

"I prefer deodorant over perfume," notes Azusa. "But the key is to get something that smells fresh. And don't put on too much, especially when it's so hot and humid in Singapore." I LIKE SNEAKERS ON GUYS, TOO. AND WEARING CONVERSE WITH SUITS CAN BE STYLISH, BUT IT'S DIFFICULT TO PULL OFF.



THREE WORDS TO LIVE BY

"Stylish, sexy, cultured," says Azusa of her ideal type of guy. DATE-READY IN 60 SECONDS

Rushing to meet her? Stylist Ashley Weston has a few tips for a fast prep.

DE-CLAW YOURSELFWhip your fingernails into shape, and pass her initial inspection.

BANISH B.O.

Reach for a strong deodarant, but draw the line there. It's perfectly fine to go without cologne.

APPLY A PRODUCT
Use just a dab of gel. You'll
get more points for effort than
you deserve.

BRUSH AND FLOSSYou can melt a woman's heart with your smile. But you can also harden it if popcorn kernels are

stuck in your grill.



Around your friends, you...

- A Crack lots of jokes and always have a comeback ready.
- B Laugh off all the crap that other people gripe about.
- C Bust your buddies' chops about their dumb mistakes.
- D Inevitably wind up as the target of your pals' punch lines.

- Your jokes are usually about...
- A Funny things that really happened to you - you swear!
- B Just how absurd your life can be ĺ…in bed).
- C A jackass who did something stupid (...in bed).
- D The latest boneheaded blunder you committed.

If you're feeling unhappy, you...

- A Try to spend time with people who will cheer you up.
- B Think of all the ways you can laugh at your problems.
- C Zing one of your friends to lighten your dour mood.
- D Hide your blues by kidding around with everyone else.

When you're alone, you...

- A Me? Alone? Sorry, I wouldn't know what that's like.
- **B** Always find something to laugh at - like yourself.
- C Wonder where the heck all your idiot buddies went.
- D Figure everybody is avoiding you - like they always do.

"Knock, knock." 'Who's there?"

- A "Banana", "Boo", "Doctor" "I got a million of 'em!"
- B "Grandpa." "Oh, no, stop the funeral!
- C "Your dog's dead, man. I ran it over with my Range Rover."
- D "Uh, wait a minute. I think I completely screwed this up.

If a joke is a bit risque, you...

- A Won't tell it if it'll offend your friends or family members.
- B Will hold off telling it if it'll risk making you look like a jerk.
- C Tell it to everybody who will listen. Then tell it again.
- D Tell it, knowing that you might wind up the butt of the joke.

AFFILIATIVE HUMOUR

You use humour to build bonds and improve relationships. Teasing is in good fun, and your easy charm translates to instant friendships.

Look for spontaneous women who love to laugh

SELF-ENHANCING HUMOUR

For you, comedy is a coping mechanism. You enjoy life's absurdities and probably have a healthy self-esteem and few emotional problems.

Look for women who delight in cheerful jokes about the stuff everyone else grumbles about, not to mention girls who like absurdist comedy and cartoons.

AGGRESSIVE HUMOUR

You're not laughing with people but at them, relying on sarcasm and put-downs. But that's because you believe they deserve to be ridiculed.

Look for gals who can dish it out to you. Unfortunately, finding your dream woman may take a bit longer, since it's guys who are more likely to demonstrate aggressive humour.

SELF-DEFEATING HUMOUR

You're the butt of the joke and you know it. You make fun of yourself and let others crack one-liners at your expense, since it's the way

Look for self-deprecating types.
Together, you may be prone to anxiety and depression, but no one will notice because you're both skilled at masking your pain with comedy.

Sources: Rod Martin, Western University, Journal Of Research In Personality (Humor)



The North Face Stores: #B4-27 Ion Orchard #03-140 Marina Square #03-18 Westgate (Beside Jurong East MRT)

Sports Department Level 4, Takashimaya Department Store

LIV ACTIV Stores: #02-08 orchardgateway (Above Somerset MRT) #01-623 Suntec City (Tower 3) #04-33 Paragon

Running Lab Stores: #01-47 Velocity @ Novena Square #03-18 Westgate (Beside Jurong East MRT) #02-31 Funan DigitaLife Mall



MATCHMAKING EXPERT GENEVIEVE ZAWADA REVEALS WHETHER YOU'RE TO HER TASTE.

HE ASKS YOU TO CHOOSE THE VENUE FOR DINNER Don't bounce the question back at her and think you're being a gentleman. It's a test. Pick a venue where you can share food – it's much more intimate. Middle Eastern mezze or Japanese ippin ryori (Google it) suggest a refined palette.

SHE SAYS SHE'LL SKIP HER STARTER OR DESSERT

"Don't be put off by this – it doesn't mean she wants the meal to end quickly. Suggest something you can share, like a plate of croquettes, but never order one if she isn't joining in, too," says Genevieve. It puts all the pressure of conversation on her.

HER PHONE RINGS

You can glean a lot from mobile etiquette, says Genevieve. "If it's already on the table, that's a bad sign. She's either expecting a call or she's hoping for one. If it's in her bag and she just flips it onto silent mode without looking, she's interested."

SHE SUGGESTS A LUNCH DATE NEXT TIME

"Bad news. It might sound like a tip from a women's



magazine, but we all know lunch dates are bad dates. You can't relax and there's a constant time pressure," says Genevieve. Try to reschedule for a post-work drink... or swipe to somebody else on Tinder.

AS YOU LEAVE, SHE MENTIONS HOW SHE GOT THERE

"If she mentions her car or a train station she's going to, it means she wants to get back there safely. It's your cue to walk her there, as a gentleman would. Look at her feet when she says it. If they're pointing towards you, it's a good sign." Bill, please.



LONG LIVE THE LEGEND

Command the pitch with 30 years of excellence. At a mere 180g, the Morelia NEO is the lightest pair of kangaroo leather boots in the world. From the moment you put it on, a stitched leather upper hugs your foot with luxurious comfort, inspiring that barefoot feeling, while a graded Pebax soleplate enhances your game with lightweight flexibility. Born to conquer, created for those who won't settle.





JAPAN ENGINEERED

www.mizunoasia.com



Marina Bay Sands Basement 1

Paragon Level 4

Velocity @ Novena Square Level 1 (NEW)

Mallang Wave Mall Level 1 (NEW)

Sole Distributor:





TIME TO KENNETH WEE OFFERS SOME SIGNS THAT SUGGEST YOUR GIRL'S A KEEPER AND IT'S TIME YOU START THINKING LONG-TERM.



had iust received an hour-long lesson on diamonds from a jeweller friend of mine, and was pretty much

settled on one of his flawless gemstones for my proposal ring when I looked at the price tag.

Wait... what? The diamond alone is how much? The cost shouldn't have been a surprise. But still, I needed to think this one through.

Am I willing to spend this much for the engagement ring? Is it worth it? How do I know it's time to settle down with my long-time girlfriend? Sometimes the impulse to marry is timed to our phase in life. Are your friends getting married? Mine are. And I'm in

hard to tell if you've found your lifelong partner. A recently married friend said to me that, at some point, he "just knows". Perhaps he meant that he trusts her. Like how I'd list my girlfriend as my emergency contact when

> filling out indemnity forms. Or share how much money I have in my savings account and my login pin. Or talk about buying a

the same general phase in life as

signals are rarely clear. How do

you know you're in love? How do

you know she's the one for you?

For most of us, there exists a

period of weeks, months or, in

my case, even years where it's

But when it comes to love, the

them. (I'm 28.)

house together.

Or it could be that we're making plans six months, even a year, ahead of time. Or that we're happy just staying in on the weekends. Or that there's empathy, patience, generosity and happiness in our relationship. Or all of the above.

Perhaps this is what Robbie Williams meant when he sang: "She's the one, she's the one, she's the one." If you can proudly say that about your girl, then she's probably the one.

But then, when is it time to settle down? Well, you don't leave a girl like that hanging and dancing along with Beyonce's single ladies. So I bought the diamond ring. More importantly, it's not just an expensive piece of jewellery but a symbol of commitment and a moment of clarity. (Flawless, get it?)

Now, the question: Will she say yes?

"THERE'S A PERIOD WHERE IT'S HARD TO TELL IF YOU'VE FOUND A LIFELONG PARTNER."



PUMPED UP FOR ACTION

IMAGINE WEARING SHOES THAT ADAPT TO YOUR RUNNING STYLE. THE NEW REEBOK ZPUMP FUSION FEATURES A LOCKED-IN CUSTOM FIT AS YOU RACK UP THE KILOMETRES.



ailor-made clothing fits you to a tee because every stitch was designed with the contours of your body in mind. So have you ever wondered what it would feel like to run in shoes that are customised to your running style?

Reebok's groundbreaking ZPump Fusion is what runners have been waiting for – a running shoe that fully conforms to any foot to provide a customised, locked-in fit.

To create this footwear, Reebok revolutionised its iconic innovation – The Pump Technology – to fashion a whole new running experience, paving the way for an unprecedented level of customised running.

While many running shoes are modelled around a rigid, factory-developed shape that can never truly

conform to your unique foot, the ZPump Fusion is instead completely without structure when not inflated, and moulds to the individualised shape of your foot once worn and inflated.

Unlike traditional running shoes that are often made up of over 40 separate parts, this Reebok footwear consists of just three key components, with no rigid parts to restrict the range of movement.

With it, you get a running shoe that understands your every individualised need. Feel the difference immediately, and make every run you take unique in the truest sense of the word.

The Reebok ZPump Fusion (\$169) is available at Stadium and Royal Sporting House stores (except JCube and Factory Outlet stores).



THE FUSION SLEEVE

A four-way stretch sleeve that holds together the key components of the ZPump Fusion. This lightweight and seamless compression sleeve fuses the Pump technology to your foot to provide improved control and comfort throughout your run.

THE PUMP TECHNOLOGY

This revolutionary air-filled cage, both lightweight and fully customisable, pumps up and wraps around the individual contours of the foot for a custom, locked-in fit that helps you achieve maximum performance.

ZRATED OUTSOLE

Inspired by highperformance ZRATED tires, the edges and underfoot grooves provide increased handling and control for precise stops, starts and turns, creating a high-speed underfoot performance essential to any high-tempo running shoe.

ZPUMP FUSION

Utilising the latest proprietary Reebok running technology, this running shoe provides a 100 per cent custom fit for an individualised run that's also superior in comfort and performance.

Featuring a lightweight Pump Air Cage to provide locked-in and customised support, the shoe's upper also boasts a Fusion Fit Sleeve for a smooth and seamless fit. An enhanced 5.0mm moulded PU sockliner ensures unparalleled cushioning, while reflective eyelets and heel deliver superior visibility in low-light conditions.

PROMOTION

Receive a complimentary Reebok water bottle with every purchase of a pair of Reebok ZPump Fusion shoes. Valid for purchases only at Stadium Takashimaya S.C. While stocks last.

UPDATE YOUR HEALTH ROUTINE

THE AGE-OLD ADVICE THAT YOU LIVE BY MAY BE CAVEMEN-DEAD WRONG



ou're stuck in the Stone Age. Sure, genetically you're 100 per cent homosapiens, but some of your health habits are practically prehistoric. Everything evolves, including the research on what does and doesn't work to keep our species alive. That means you may be trying to fight death and disease with the equivalent of flint arrowheads. So how do you know what's obsolete and what isn't? After surveying nearly 500 guys, we came up with a carbon-dated list of fossilised strategies and the 2015 tips to replace

HOW MANY TIMES A DAY DO YOU BRUSH YOUR TEETH?

- 28% ONCE A DAY
- 6% AFTER EACH MEAL
- **66%** TWICE A DAY, MORNING AND EVENING

You clean your teeth in the a.m. and p.m., so why not at noon, too? Because those extra brush strokes can erode your enamel, especially if you just ate some acidic foods for lunch, says Dr Jeffrey M.

Cole, the 2013 president of the Academy of General Dentistry in the US. That means your best dental intentions may damage your choppers, leaving your mouth more prone to cavities, gum disease and decay.

While three times is too many, once isn't enough. Unless you have perfect brushing technique (few do), one pass is bound to miss spots, says *Men's Health* dentistry advisor, Dr Mark S. Wolff. Use the rule of twos: Brush twice a day for two minutes each time. At midday, use floss to make your mouth presentable after lunch.

WHAT DO YOU DO WHEN YOU'RE RUNNING A FEVER?

- **44%** TAKE AN OTC FEVER REDUCER
- 6% COOL DOWN
- WITH A COLD COMPRESS
- 50% JUST LET IT RUN ITS COURSE

Running a fever isn't so much a sign that you're sick as it is a billboard that you're trying to heal. How so? An increase of just 1 to 2 degrees in your body temperature boosts the productivity of your immune



cells and helps them fight off infection, says Elizabeth Repasky, a researcher at Roswell Park Cancer Institute in the US. That means the 44 per cent of guys who pop pills, and the 6 per cent who try to cool down, may actually be taking the infection's side in the battle.

When you have a fever, your body shivers, signalling for you to move to a warmer spot, such as under the covers. "The general advice now is 'Don't fight that urge,'" Dr Repasky says. The exception: Seek help if your fever hits 39 deg C or higher or is persistent – lasting longer than three days.

WHAT DO YOU DO TO CLEAN AND TREAT A WOUND OR CUT?

- 29% RINSE IT WITH WATER, THEN BANDAGE IT
- 40% LET IT BREATHE UNTIL IT SCABS OVER
- 31% CLEAN IT WITH HYDROGEN PEROXIDE

Congratulations: You're all doing it wrong. For the 40 per cent of tough guys who think bandages are for babies, that battle wound may turn into an ugly scar, say Harvard Medical School researchers. They found that letting a wound scab over instead of keeping it moist is more likely to cause inflammation, which extends healing time and can result in unwanted scarring.

And while the sting of hydrogen peroxide makes you think it's working, the stuff is ineffective at stifling bacteria, a University of Miami study review found. As for over-the-counter antibiotic ointments, they're known to cause skin reactions, says dermatologist Dr Anna Drosou.

So wash your hands, and then flush the cut with water. Next, add a dab of petroleum jelly to keep it moist.
Apply a bandage.

HOW DO YOU TYPICALLY DEAL WITH BACK PAIN?

- 12% POP A TYLENOL AND PRAY FOR RFI IFF
- 14% ICE, HEAT AND REST UNTIL THE PAIN STOPS
- **74%** TRY TO KEEP MOVING AND STAY MOBILE

We get the logic: When in pain, take a pain pill. But a back attack doesn't listen to logic. Last year, a Lancet study found that popping acetaminophen for lower-back pain was no better than swallowing a sugar pill. And an Australian study review concluded that heating your back may provide brief relief, but the evidence that icing works at all is lacking.

There's only one way to escape the stranglehold on your spine: Move. "People are often scared of movement, but it's the best thing for healing a back," says Christopher Maher, lead author of the Lancet study. Just avoid pushing too hard too soon, he advises. Begin by taking a simple walk around the block, and then gradually upping the activity ante over the next couple of weeks.

HOW DO YOU STAY HYDRATED THROUGHOUT THE DAY?

- **54%** DRINK EIGHT GLASSES OF WATER
- **20%** DRINK WHEN I'M THIRSTY
- **26%** DRINK WHATEVER MAKES ME PEE

Water is good for you. And it's the world's most boring beverage. Hence the dilemma faced by anyone who has tried to drink eight glasses of H2O a day. So stop trying.

The eight-glasses rule is arbitrary, says Stavros Kavouras, an associate professor at the University of Arkansas in the US who studies hydration. Depending on your activity level, diet, age and climate, you may need more or less than that exalted eight anyway.

Rather than tracking your fluid consumption, count how many times you unzip at the urinal. When Prof Kavouras and his team studied the number of daily bathroom visits that correlate with adequate hydration, they came up with... five. You can also judge the colour of your stream. If it looks like lemonade or lighter, you're golden.

HEAL THYSELF

Doctors may not have the healthiest habits either.

42

PERCENTAGE OF MEDICAL DOCTORS WHO ARE EITHER OVERWEIGHT OR OBESE

6.5

NUMBER OF HOURS THE AVERAGE M.D. SLEEPS ON A TYPICAL WEEKNIGHT

PERCENTAGE OF DOCTORS WHO CONFESS THAT THEY SMOKE CIGARETTES

Sources: Medscape Physician Lifestyle Report 2014, American College of Chest Physicians Sleep Institute, Gallup



WE TURNED TO SOME TOP **NUTRITIONISTS FOR THE** JUICY TRUTH ON WHAT **PACKET FRUIT DRINKS REALLY CONTAIN - OR** DON'T CONTAIN.





PHOTOS CAN **FOOL YOU WHY THE** LABEL LIES If the

packaging shows pictures of pomegranates, berries and other "superfruits", take a are inside the bottle – but maybe not in the amounts you think. Many beverages that such as white grape, apple or pear. In fact, Coca-Cola is fighting a suit (brought by Pom per cent and 0.2 per cent of

DO THIS Make sure that the fruit juice you really want is as high on the ingredient list as the label for phrases such as advertised fruits.



ADD-INS DON'T ALWAYS ADD UP **▶** WHY THE

LABEL LIES Bottles bearing manufacturers can add these professor of food science at Penn State University in the US. Although doctoring the drink may give it specific health-enhancing properties, the benefits aren't as comprehensive as the perks provided by whole fruits and vegetables, says Prof Vanamala.

DO THIS Pump up the pulp. "High-pulp juices have more

nutrients than no-pulp juices," says the good professor. Pulp cultivate good gut bacteria, he says.



LABEL LIES See that graphic on the packaging that touts and 1 banana in each bottle"? "Well, they're not taking so many blueberries and apples, pressing them together, and

making a juice," says Ron food science at Oregon State University in the US. Instead, the manufacturers blend and then estimate the fruit equivalencies. Also, the 'whole fruit" language may lead you to believe the juice is fresher than it really is.

▶ **DO THIS** Drink one of these a rush. But it's better to pulverise whole fruits into a smoothie. Processing strips out some fibre and

shake, you're glugging more of both.



HIGH HEAT CAN HURT ▶ WHY THE LABEL LIES

Think of the term "pasteurised" as 'de-nutritionised". See. pasteurisation heats juice at high temps to extend its shelf life. (Once pasteurised, orange juice can sit in vats for up to eight months before it hits the store.) But some antiinflammatory compounds in

citrus juice can degrade or to high heat, says Prof Vanamala. Plus, heat reduces amounts of d-limonene, the compound in OJ that imparts fresh flavour.

▶ **DO THIS** Buy "cold pressed" Chemistry study, coldpressed apple juice had nearly the pasteurised version. Try sells cold-pressed OJs and more. Buy in small quantities and drink within a day or two to avoid spoilage.

MAKE YOUR OWN **ORANGE JUICE**

For real fresh flavour, squeeze juice yourself, with help from USDA horticulturist Elizabeth Baldwin.

CHOOSE THE RIGHT TOOL

To squeeze great juice, a handheld reamer works fine – no machine needed. Grab a bowl, too. One orange yields a third to ½ cup of juice.

STEP 2 STAGE A SCRUBDOWN

Grocery shoppers often handle the produce, so kill germs by lathering up the outside of the orange with soap and warm water. Rinse and pat dry.

STEP 3 > PUT ON THE **PRESSURE**

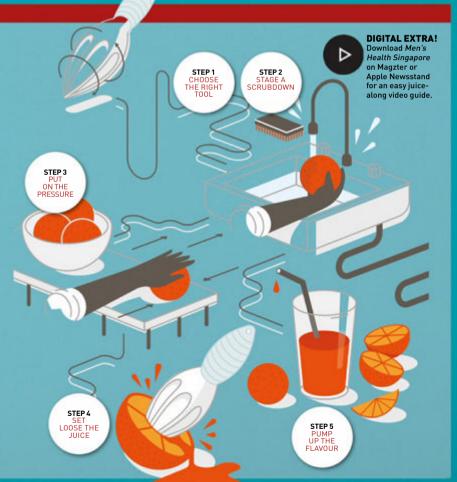
Place the orange on a surface and firmly roll it back and forth. This releases the flavourful oil in the rind so some ends up in your glass.

STEP 4 ► SET LOOSE THE JUICE Slice the fruit in

half. Push the tip of the reamer deep into the centre of the fruit. Holding the rind with one hand, and twist the reamer with the other.

STEP 5 PUMP UP THE FLAVOUR

Pour the juice from the bowl into a glass. For extra flavour, add freshly squeezed lime or grapefruit juice or a splash of any cold-pressed juice.





BREAKFAST OF CHAMPIONS

START YOUR WEEKEND RIGHT **WITH A HEARTY BREAKFAST** WITH YOUR CUP OF JOE. OF STEAK AND EGGS TOGETHE

WHAT TO EAT **ROAST WAGYU RUMP WITH POACHED EGGS**

othing marks a relaxing weekend quite like snoozing in and waking up just in time for a scrumptious brunch. And if your ideal morning fix includes steak and eggs, you'd find yourself well satisfied at Tiong Bahru hangout Open Door Policy. Italian head chef Daniele Sperindio has upped the comfort quotient in this toothsome offering, a highlight in the restaurant's 10-item brunch menu. Immensely fulfilling, with a third of your daily calorie needs (2,500), you get a 150g slice of prime Australian wagyu rump and a pair of beautifully poached eggs on a bed of sauteed iceberg lettuce with French dressing and roasted Ratte potatoes. This is served between a lightly toasted Brioche bun with a spread of chilli bearnaise.



PER SERVING 704 CALORIES

68.7G PROTEIN

16.6G FAT 275MG SODIUM

36.9G CARBOHYDRATE

3.2G FIBRE

HOW MUCH

\$28

WHERE OPEN DOOR POLICY. 19 YONG SIAK STREET

TEL: 6221-9307 WWW.ODPSINGAPORE.COM

FARM TO TABLE

►Tucking in, the quality of the ingredients and the preparation is immediately evident. The beef is sousvided to ideal tenderness (medium done) before being lightly grilled for colour. Research has shown that protein, not sugar, keeps us going faster for longer. And according to the Journal Of Sports Science And Medicine, this steak-andeggs combo offers one of the most complete sources of protein, and even comes with other essentials like vitamin B12, iron, zinc and amino acids. How's this for a champion's breakfast to prime us for any weekend afternoon exertion?

TASTE WISE



JUST PICKED COCOWATER

VERDICT

Like other premium-packed coconut water, it's not as good as a fresh coconut drink at the beach or hawker centre. But it's just as refreshing when chilled, and more practical for the gym. The juice comes from young green coconuts, which supposedly have the optimum amount of nutrients - and 'flash pasteurised" to kill bacteria and extend shelf life. It's a delicious, nutritious and relatively low-calorie way to keep well-hydrated.

ном мисн

\$2.50 (330ml), available at selected supermarkets.

HEARTY TIME

YOU JUST CLOCKED YOUR BEST-EVER WORKOUT. NOW IT'S TIME TO LOAD UP ON PROTEIN. MARINERS' CORNER RESTAURANT IS THE PERFECT PLACE TO DO IT – IT'S COSY, FRIENDLY, AND THE FOOD'S REASONABLY PRICED, TOO.



ou spend your whole week trying to plan and wedge your workout into tiny spaces – a run before heading to the office, a quick lunchtime spin class, an after-work weights session. The weekend is when you can really go all-out with your training and, afterwards, reward yourself by catching up with workout buddies over some great food.

FOR A POST-WORKOUT PROTEIN PUNCH, GO FOR THE SIRLOIN STEAK.

Mariners' Corner Restaurant is conveniently located near Tanjong Pagar MRT train station, and serves a hearty menu of traditional homemade Western dishes in a unique and family-friendly atmosphere.

Opened in 1984 by Raymond Say, it's now run by his son, Jeremy, who was trained at Shatec Institute, a prestigious culinary school here. However, his real education came in the kitchen, where he started at a young age washing dishes. Thirty years on, Jeremy is at the helm, and has retained the retro atmosphere, friendly service and big, hearty menu that his father created.

For a post-workout protein punch, Jeremy recommends three dishes. First, the New Zealand Sirloin Steak with Black Pepper Sauce (\$18) is chargrilled and served on a sizzling hot plate. Bursting with flavour, it has a delectable aroma and is perfectly tender.

There's also the King Prawn Combo (\$21.50). This comprises two pieces of tiger prawns served either with garlic butter or mustard cream sauce and mozzarella, plus your choice of meat and sauce.

Finally, Jeremy suggests the Escargots in Garlic Butter (\$21 for a dozen) – moist and

SAVOURY TREATS

TWO MOUTHWATERING DISHES TO WHET YOUR APPETITE.



SIRLOIN STEAK, \$18.

JUICY BITES

No matter how you want it - medium rare, medium, well done - the sirloin steak will be done just right. The lightly charred meat retains its natural firmness and juiciness, and the taste holds a highly irresistible, tantalising sweetness.



ESCARGOTS IN GARLIC BUTTER, \$21 FOR A DOZEN.

TENDER AND JUICY

sink your teeth into these succulent escargots. Tender and tasty, the meat carries a light, lingering hint of the garlic and herb sauce. Remember to order a serving of garlic bread to soak up the goodness of the sauce.

tender, not chewy, and topped with rosemary, Worcester sauce and crunchy garlic.

All these dishes are featured on the menu, which includes tea or coffee, soup, garlic bread, dessert and a free flow of salad when you top up any à la carte main course with just \$5.80. Selected weekend set lunches are also available without the need to pay for the top-up.

Mariners' Corner Restaurant is at #01-02 Maritime House, 120 Cantonment Road, S089760. Reservations are strongly recommended on weekends. To book, call 6224-9928.

DAYS OFFER UNIQUE **OPPORTUNITIES FOR** ADVENTURE, RELAXATION **OR BOTH IN HOKKAIDO'S GREEN CENTRE.**

> ummertime vacations in the

Most people equate the

northernmost

prefecture with

country's

winter activities, thanks to tons

of powdery snowfall annually

and dozens of ski resorts to

one in Niseko. But spring

enjoy it, including the famous

brings colourful blooms and

breathtaking greenery, and

summers are just the right

getting around on bicycle.

of Sapporo, Hokkaido's

capital. But head for the

less-travelled roads of the

Sorachi subprefecture and

you'll discover a haven for

cyclists: long stretches of

empty roads, clean air and

vast countryside scenery.

Sorachi, is about the same

Iwamizawa, the capital of

distance from the international

temperature for T-shirts and

Now, you may have heard

Japanese island

of Hokkaido are a well-kept secret.



The capital of Sorachi boasts a four-hectare rose park, an amusement park, golf courses and one of the largest outdoor concert arenas in Japan.

YOUR PLAN Rent a bike and ride 5km - pass vast vineyards to Iwamizawa Park. There, you'll be greeted by the city's Rose Park showcasing 243 varieties of roses, which bloom from late June to late October, Park your bicycle at the Iwamizawa Science and History Museum (the local government has championed the city to become cyclist-friendly) and hike up the hill next to the roses. There's an observation platform 137m high that overlooks the city.

INSIDER TIP There's a spacious, light-filled cafe within the museum to rest your tired legs and enjoy refreshing rose-flavoured ice cream. Also, try the local pheasant meat - a gamey version of chicken that can be found in ramen, burgers, satay and even instant noodles.

KURIYAMA PLAY BALL WITH THELOCALS

South of Iwamizawa, this small town is big on culture. It's home to a working 130-year-old sake brewery, a hilltop baseball shrine, a foundation dedicated to environmental education, and a world-class golf resort.

YOUR PLAN Start at the Kobayashi Sake Brewery. Founded more than a century ago, it's one of the oldest sake makers in Hokkaido, with cellars designated as national cultural treasures. Next, Kuriyama Park. Follow the signs towards Kuri No Ki Farm (Google coordinates 43.067171, 141.788789), which leads you up a hill to a wooden house nestled in the woods next to a baseball field overlooking the town and the distant mountains. This area is created by former national baseball player Hideki Kuriyama as a

local children in the sport. The housekeeper will be happy to loan you baseball gloves, balls and bats should you fancy a game with friends.

INSIDER TIP The Uenbetsu Shougakko Coca-Cola Environment House may feel like a patronising corporate social-responsibility effort, but the refurbished school building also provides affordable

SORACHI

shrine to baseball and to train

ILLUSTRATIONS ASHRUDDIN SANI

New Chitose airport as Sapporo - 35 minutes by car or one hour by high-speed rail. That's where adventure awaits.



accommodation for travellers. Alternatively, consider the allinclusive Chateraise Golf and Spa Resort, a half-hour drive up the mountains from Kuriyama with its own hot springs.

0 BIBAI **RELAX AND DE-STRESS**

The 20th-century coal-mining boomtown is today a shadow of its former self, with a dwindling population of 25,000 spread across an area the size of Singapore. However, this also offers a true escape from the

bustling city life.

YOUR PLAN Head for Arte Piazza Bibai, the town's pride and joy. It's an outdoor sculpture park that offers nearly seven hectares of manicured green space featuring more than 40 sculptures by artist Kan Yasuda - perfect for slowing down and gathering your thoughts.

INSIDER TIP Stop by the cafe. It offers excellent coffee in a Muji-like space, beautiful postcards to send home and

own souvenir.

TAKIKAWA **FLY OVER THE TOWN**

This town is well-liked for water sports, gliding, food and summertime blooms.

YOUR PLAN End your Sorachi trip here. Head to Skypark, where you'll be strapped into a glider that gets towed into the air by a small propeller plane before it's set free to circle over the town. Hang on tight, as the pilot can pull forces up to 1.5G in it, all the while pointing out

rich, make a detour to the nearby town of Sunagawa to visit the headquarters of Somes, one of the oldest equestrian goods company in the country (sort of like the Hermes of Japan). Visit in May to see fields of goldenyellow Canola flowers blossom.

INSIDER TIP The town is known for high-quality mutton. Interestingly, that's the reason for the foreign-themed restaurants there. La Pecora is an Italian joint that serves practically every lamb dish you can imagine, including loin sashimi, stewed intestines and brain soup.

ALL HELL BREAKS LOOSE AGAIN IN THE **WORLD OF MARVEL, AND EARTH'S MIGHTIEST** HAVE TO PICK UP THE PIECES - AGAIN.

► AVENGERS: AGE OF ULTRON
When Tony Stark tries to jump-start a dormant peacekeeping program, things go awry, and Iron Man, Captain America, Thor, The Incredible Hulk, Black Widow and Hawkeye must reassemble as The Avengers to defeat Ultron, a terrifying technological villain bent on human extinction. We'd tell you this is a must-watch, but you're going to view it in spite of what we say, right?

Hits cinemas on Apr 23



THE PIANO GUYS

▶They're hot and can play the piano. Cue the cheering girls (and pained hubbies and boyfriends tagging along). The guys' fourth and latest studio release, entitled Wonders, made its chart debut at an impressive #12 on the Billboard Top 200. So, at least you know you're not getting dragged into listening to some random flakes – these guys sound as good as they look. Apr 13, The Star Performing Arts Centre, tickets start from \$88

USEFUL YOUTUBE VIDEO OF THE MONTH

STER THE FOR COOKING

Are you mangling your meat? Famed chef Jamie Oliver shows you how to cook the perfect steak, and lets you in on the secret of how to get the best from your butcher in this video.



►► SEARCH YOUTUBE FOR: OR LOG ON TO:

oe.com/watch?v=46eRIxVxkG8

AFFORDABLE ART FAIR

► This art fair is back in town, showcasing the work of more than 85 galleries from around the world, with a focus on contemporary art from Asia. Joining in the celebration for Singapore's 50th birthday, the fair will focus on the work of 50 artists specially commissioned



for the big event, and all priced at \$500, a virtual "steal" for early-bird art collectors. Time to look for wall space at home, folks.

Apr 17 to 19, F1 Pit Building, tickets start at \$12



THE MUSIC RUN

► This first-ever interactive 5km run promises to get hearts and fists pumping to music every step of the way. Those looking to set record times? This run isn't for you; it's untimed and non-competitive. Previously held in Kuala Lumpur, Jakarta, Bangkok and Yangon, it has brought together more than 40,000 music lovers and runners in the region. Now, it hits Sentosa.

Apr 11, tickets start at \$50

BANISH THE BALD SPOT

Each session of the Korean Scalp Stimulation Treatment takes only 15 minutes, and the entire course consists of intensive and maintenance phases. All patients begin with the intensive programme, which involves 10 weekly sessions. Some may progress to a second intensive phase, while others will move on to the maintenance stage, which comprises one session every two to four weeks. Studies of its efficacy have been published in several medical journals. This treatment can be complemented with minoxidil and propecia for better results.

For a detailed consultation of your hair condition, please call 9730-9399 or e-ma questions@knightsbridgeclinic.sg



Dr Israr Wong is the medical director of The Knightsbridge Clinic. Trained in Seoul, Europe and Singapore, he holds the Certificate of Aesthetic Medicine and Masters of Hair Transplantation from the American Academy of Aesthetic Medicine; the Certificate of Hair Transplantation from Maxwell Hair Clinic, Gangnam, Seoul; and Certificates of Competence for aesthetic procedures issued by the Aesthetic Practice Oversight Committee of Singapore



WORK OUT THE BILL

MATHEMATICIAN GARTH SUNDEM, AUTHOR OF *BEYOND IQ*, HAS COME UP WITH THE FORMULA FOR PRECISELY HOW MUCH TO SPEND ON YOUR DINNER DATE.

YOUR BUDGET = $\left(\frac{Hh}{3.3}\right)^2 \left(\frac{Ah}{Ay}\right) \left(\frac{S}{31,996}\right) + \left(10Dn-Dn^2\right)$

KEY

Hh
The estimated height
of her heels (in
inches). The average

Ah Her attractiveness on a scale of 1 to 10

is 3.3 inches.

Your attractiveness on a scale of 1 to 10

Your annual salary

Dn

Date number: Is this the first or 10th dinner date? (Lunches and coffees don't count.) aking
averages
into account,
your
standard
budget for a
dinner date
should
be \$115.
However,
you can
use this
equation
to work out
a custom

amount based on your circumstances and whom you're taking out.

Do her shoes suggest she is more or less expensive than the average Jane? Is your salary greater or less than average? Who is more attractive – you or her? Finally, consider where you are in the dating arc: You don't want to set unrealistic expectations or invest heavily on a first date that's likely to lead to nowhere. And by the 10th date, you should be secure enough to return to a relatively low baseline without the pressure to impress. It's at the top of the arc between these two – on the fifth date – that you may have to shell out a little extra.

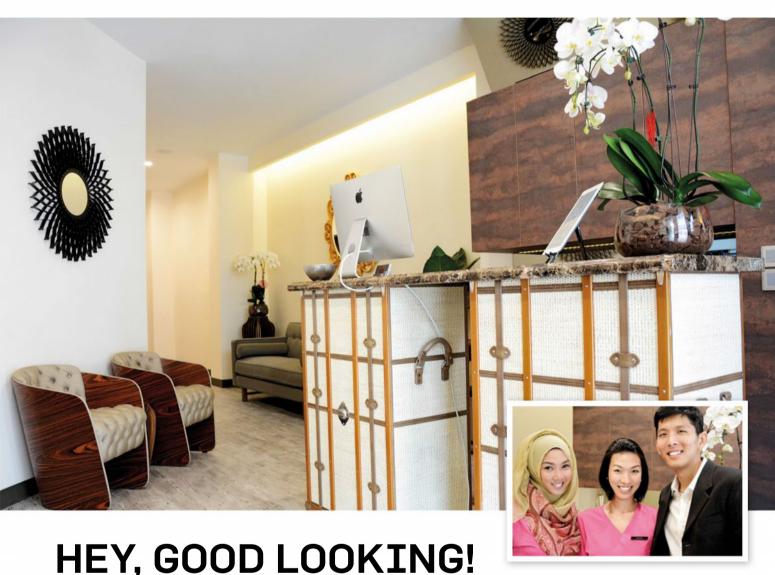
How much? Overall, expect to pay no less than \$40 at the low end and no more than \$345 at the high end.

Theoretically, your numbers could put you higher or lower, but outside that range would be extreme. Oh, and whatever you do, don't be the one to suggest splitting the bill.



YOUR = $\begin{pmatrix} Hh \\ 3.3 \end{pmatrix} \begin{pmatrix} Ah \\ Ay \end{pmatrix} \begin{pmatrix} S \\ 31.996 \end{pmatrix} + \begin{pmatrix} 100N-DN^2 \end{pmatrix}$

10 DIGITS CALCULATOR



WANT TO LOOK YOUR BEST ALL THE TIME? SOUTH BRIDGE AESTHETICS CLINIC'S ULTI-LIFT COMBINES THE BEST OF TWO TREATMENTS FOR A NEW MAKEOVER.

hese days, men recognise the importance of taking care of themselves. In addition to eating well and having an active lifestyle, it is also important for them to take care of their appearance, especially when exposed to sun, stress and all sorts of unhealthy food. With age and a poor lifestyle, there is a growing likelihood of saggy skin, enlarged pores and a less-thandefined jawline, not to mention cellulite and loose skin. Hence, this is where non-invasive aesthetic procedures come in.

Dr Winston Lee of South Bridge Aesthetics Clinic suggests going for the Ulti-Lift (from \$4,500), a new treatment that offers the best of two most popular non-

surgical treatments: Thermage and Ulthera.

Ulti-Lift promises to firm, lift and tighten skin, as well as reduce wrinkles and fine lines. Thermage is a procedure that targets the chin and jawline, arms, legs and abdomen. It uses radio frequency to regenerate collagen – which is said to tighten and lift skin – and reduce the appearance of wrinkles. It can also be used on stretch marks and cellulite.

On the other hand, Ulthera, which can be performed on the face and neck, uses ultrasound that is said to stimulate production of collagen and elastin for lifted brows and firmer, tighter skin.

There are two sessions for Ulti-Lift, which take around three hours to complete. There may be a slight discomfort after each session, with some redness afterwards, so Dr Lee suggests taking a break of a week between the sessions.

With no downtime required, you can get back to what you're doing with no worries. The effects of Ulti-Lift is said to kick in gradually, over the course of three to six months, and can last up to two years.

South Bridge Aesthetics Clinic also offers a comprehensive menu of aesthetic procedures, including Botox, fillers and laser treatments to target pigmentation and enlarged pores.



MEET THE DOCTOR
Dr Winston Lee graduated from the National
University of Singapore in 2005. He is a member of the College of Emergency Medicine (UK), and was awarded the Masters of Public Health (NUS). He is fully accredited in aesthetic procedures such as cosmetic lasers, Botox and filler injections.





ONE FM's **#2 BREAKFAST SHOW**

PART-TIME PETE & ANDRE HOEDEN WEEKDAYS 6:00 AM - 10:00 AM



NO REPEAT WORKDAY WITH DESIREE

WEEKDAYS 10:00 AM - 1:00 PM



NO REPEAT WORKDAY

> WITH **MELODY**

WEEKDAYS 1:00 PM - 4:00 PM

THE **ESCAPE PLAN** SHAN & CHERYL

WEEKDAYS 4:00 PM - 8:00 PM





THE ONE FM REALITY CHECK

WITH JOSH & JILL

WEEKDAYS 8:00 PM - 12:00 MN



WEEKENDS

HARRY

12:00 PM - 6:00 PM













& GROOMING



⊗ A SLIGHT OF HAND

Chunky watches may look masculine on your wrist, but they become an eyesore if they can't fit under the sleeve of your favourite shirt. Enter cracker-thin timepieces that are still assertive in the looks department. "The slim ticker is also a throwback to the 20th century, when gentlemen wore sleeker timekeepers so as not to weight down their wrists," says fashion writer Daniel Scheffler. "Now we're seeing a similar trend." Measuring just 11.5mm thick, the Swatch Go Climb flaunts the thinner-is-better philosophy in a versatile package, with a utilitarian styling that won't look out of place underneath a casual blazer.

\$167, AVAILABLE AT SWATCH BOUTIQUES, WWW.SWATCH.COM



TISSOT CARSON

embossed black leather strap. watch for most wrists. **HOW MUCH** \$2,880, available at

RADO TRUE THINLINE **LIMITED EDITION**

Constructed with a high-tech automatic ticker weight, this 35g and is astoundingly thin: 5mm. Not only that, the Swisspower reserve. **HOW MUCH** \$2,940, available

ILE GRAND CLASSIQUE DE LONGINES

5mm profile and diminutive 29.7mm by 32.5mm case, this quartz-powered ticker – with the sensitive, refined gentleman. notable measure of elegance. HOW MUCH \$1,910, available at Longines boutiques, www.



■ EDOX GRAND OCEAN ULTRA SLIM CALIBRE 27000

quartz timepiece is decidedly bold also boasts triple-toothed lugs that to the contours of your wrist.

HOW MUCH \$2,124, available at authorised Edox dealers,

INSTANT UPGRADE

"WHAT'S THE **BEST WRIST** HUGGER? IN MY OPINION, A SWISS-MADE, CLASSICALLY STYLED, MASCULINE-LOOKING TICKER CAN SHARPEN YOUR LOOK **INSTANTLY.**"

- Francois Thiebaud, chairman of Tissot

PRIMED FOR SUCCESS

PSB ACADEMY'S NEW PART-TIME MASTER'S PROGRAMMES WILL GIVE STUDENTS REAL-WORLD EXPERTISE AND PERSPECTIVES FOR CAREER ADVANCEMENTS.

SB Academy has partnered with the University of Hull in the UK to offer two new part-time master's programmes: the Executive Master of Business Administration (EMBA) and the Master of Economics (Economics and Business). These are modelled after realworld business and economic situations.

■ The Real Deal

Based on research into how actual organisations function internally and how they operate in an ever-changing global context, the Hull EMBA helps mould strategic thinking, innovation and entrepreneurship in students, enhancing their ability to take on senior management roles.

As for the Master of Economics (Economics and Business) programme, it was developed as a response to what the market needs: future industry leaders with the necessary economic training and expertise to make informed business decisions, based on both theoretical knowledge as well as qualitative data analysis throughout the important process.

■ The Hull Experience

Ranked among the top 100 universities in the world (2015 University League Table Ranking), the University of Hull has a business programme that's internationally recognised, with both Association of MBAs (AMBA) and



Association to Advance Collegiate School of Business (AACSB) accreditations.

Prioritising student welfare is a source of pride for the 88-year-old university. An overall satisfaction score of 89 per cent in the 2014 National Student Survey ranks it in joint-10th spot among the UK's tertiary institutions. Its prominent alumni include former UK Deputy Prime Minister John Prescott and Muhtar Kent, the chief executive officer of the Coca Cola Company. In Singapore, Chew Thiam Keng of Ezion Holdings and Karen Kooi Lee Wah of M1 were both former students. Visit www.psb-academy.edu.sg/master for more information.



THE PERKS OF A PSB ACADEMY EDUCATION



Get a top-notch University of Hull Business School education with PSB Academy's pool of dedicated staff, who come with diverse experiences and expertise in today's global business environment. Students have the option to do the Research Method module on campus in the UK with their airfare* provided. Upcoming intakes for the EMBA are in April, May, July, August, October and November 2015, while classes start in April and October 2015 for the Master of Economics programme.

For more information or to request a brochure, SMS PSB<space>MHHull <space> Name to 9010-2322.

*Terms and conditions apply.

CLOTHING THE DEAL

ESTABLISH A STYLISH SARTORIAL PRESENCE IN ANY LINE OF WORK WITH THESE CONVINCING LOOKS.

PHOTOGRAPHY VERNON WONG STYLING SHEH ALKADDRI ART DIRECTION PAULINE TAN GROOMING BENEDICT CHOO USING M.A.C MODEL DAN M (AVE MODELS)



Customer-facing jobs where you provide service with scrupulousness, if not style.

THE LOOK
"Exude responsibility with uniform colours," says life coach Sloan Sheridan Williams. Black can be aggressive; navy ups your marketability. "Dark blue conveys trust and security." Pair with a muted tie to stand out without shouting.

THE ACCESSORIES Keep your bling on lockdown: Think plain silver cufflinks (less showy than gold) and a classic watch in the same metal. "The clean lines reinforce you're a safe pair of hands," he adds.

THE GROOMING

THE GROOMING
Pay attention to your haircut.
"If it's too brutal on the sides, it can affect your face shape. You'll subconsciously be seen as hostile," Sloan warns. Too long? Visit the barber's on a Friday evening. A bit of time allows for your hairstyle – and the odd trainee hairdresser mishap – to settle in.

SEAL THE DEAL

Punctuality is paramount in a role like this – but being too early is almost as bad as late. "Arrive 10 minutes early, but no more," says Neil Owen, director at recruitment consultancy Robert Half. "The other party may have other work to do, and they won't thank you for complicating matters."



TROUSERS \$49.90), BOTH BY UNIQLO. KNITTED CARDIGAN (\$150) AND TIE (\$90), BOTH BY BANANA REPUBLIC





WHITE COLLAR

THE LOOK

"A little tactical peacocking shows individual flair, but don't take risks with your suit," says Sloan. "Think of it as a solid foundation for your look." Display your USP with a tie or pocket square. "If you wear both, they should have colours in common."

THE ACCESSORIES

"A leather document holder implies that you're organised as well as stylish," he states. "You don't need to use a big bag because you've got everything under control." And it's worth remembering you're going for a meeting, not a bunk-in.

THE GROOMING

Sloan suggests tidying up your eyebrows and any errant nose or ear hair the evening before to appear sharper and more trustworthy. "These are areas that men often overlook."

SEAL THE DEAL

"When making a first impression, pay attention to the 'three 12s," advises Neil. "Your collar, tie, face and hair – your top 12 inches – are the first things people notice, as are the first 12 seconds and your first 12 words. Choose them wisely."

-3

JACKET (\$850) AND TROUSERS (\$370), BOTH BY RAOUL. SHIRT (\$140) AND TIE (\$90), BOTH BY BANANA REPUBLIC.



THE ROLE

THE KIND OF SUITED AND BOOTED CORPORATE GIG WHERE BROWN IN TOWN IS STILL FROWNED UPON.





BLUE COLLAR

THE ROLE

Not exactly manual labour, but a job that requires you to run lots of errands – or roll up your sleeves.

THE ACCESSORIES

A sports watch tells more than the time. "It implies that you're fit and capable," says Sloan. Ensure that the lugs (the bits that link to the strap) hit your wrist's edge. Too small, and the watch will look girly; too big, and your wrist will.

THE GROOMING

Add to the strong impression by wearing a scent with musk (which will make you seem masculine) and sandalwood (which mimics the pheromone androsterone). But go easy. "People splash it on for work, but less is more," says Neil.

SEAL THE DEAL

"If you're working in a team, always answer questions from the 'inside'," advises Chris Smith, CEO of recruitment website Myjobmatcher.com. Use words such as "we" and "us" instead of "I". Doing so will help increase camaraderie, as well as your standing in the group.



SHIRT (\$110) AND TROUSERS

(\$150), BOTH BY BANANA

REPUBLIC. PULLOVER

(\$39.90) BY UNIQLO.



THE LOOK

"CHINOS AND AN OPEN-COLLAR SHIRT ARE SMART ENOUGH," SAYS SLOAN. A SUIT OR BLAZER IS PROBABLY OVERKILL, AS IS A TIE, BUT AN OUTER LAYER MAY BE A SAVVY ADDITION. YOU'LL LOOK TOP-HEAVY, IN A GOOD WAY.



THE ROLE

Wafty creative industries where the dress code is as vague as the job titles.

THE LOOK

"Rate what your colleagues wear, out of 10, for smartness," says Chris. "Then beat it by one." If they wore light jeans and T-shirts, upgrade to dark denim and add a buttoneddown shirt. If they're wearing button-downs, don a pullover or blazer.

THE GROOMING

"Graphic designer" stubble may fit right in at a creative agency, but you may still want to break out the shaver if you're pitching to a client, advises Neil. "Shaving the morning of the important meeting is the safest bet.

SEAL THE DEAL

Take the cue from your boss. "If you're the new guy and unsure about smartness, note what the key personnel are wearing," says Sloan. If you're meeting a group of clients whose corporate wardrobe is more formal, aim to match what they wear, but let loose with pops of colour and more relaxed fabrics.



THE ACCESSORIES

"MANY PEOPLE WEAR TRAINERS TO WORK, BUT THE 'ONE ABOVE' RULF STTLL APPLIES." CHRTS FMPHASTSFS. "TRY A PFNNY DAFER WITH BLOCK COLOUR SOCKS." NOVELTY HOSTERY IS NOT A FORUM FOR CREATIVITY.



BLAZER (\$99.90), KNITTED PULLOVER (\$39.90) AND SLIM CUT JEANS (\$59.90), ALL BY UNIQLO. SHIRT (\$39.90) BY H&M.



SCENTS OF SEDUCTION

DRAW HER CLOSER ON DATE NIGHT BY WEARING ONE OF THESE CAPTIVATING FRAGRANCES.

GUCCI GUILTY DIAMOND LIMITED EDITION POUR HOMME

Bearing notes of sweet and woody patchouli – Gucci's hallmark scent – and cedar in the dry down, this fragrance is ripe for playful outdoor frolics with your girl. It layers fresh top notes of zesty lemon and spicy pink pepper on top of a core of coriander seed, lavender, orange blossom and neroli. Now all that's missing is the picnic basket. **HOW MUCH \$144** (90ml),

available at Takashimaya D.S., Sephora and BHG Bugis.

MAISON MARTIN MARGIELLA REPLICA AT THE BARBER'S

Rarely has a sense of place been conveyed with such pleasantness in a scent. This sharp and clean number evokes the masculine ritual that accompanies a visit to a traditional English barbershop. Top notes of bigarde, basil and black pepper, and a dry down of musk and tonka bean will appeal to the sentimental lady (or daddy's girl). HOW MUCH \$ (100ml), available at Tangs Orchard.

ZZEGNA

Created for the sophisticated yet laidback modern gent, this fragrance is a delicate coming together of scents. It melds woody, aquatic and aromatic elements – rosemary, Italian bergamot and a rare New Guinea blueberrylike fruit called casoar – to achieve an accord that's perfect for a day at the beach

HOW MUCH \$128 (100ml) and \$98 (50ml), available at major department stores including Takashimaya D.Š, Robinsons The Heeren, Tangs Orchard and Metro Paragon.

POLO RED INTENSE

Bolder than its already punchy predecessor, this new take on the Polo Red scent shifts her senses into overdrive with invigorating red ginger, red grapefruit and red cranberry top notes. The adrenalin is underlined with sensual mid-notes of leather and coffee, and a spicy oriental core. Bonus points if you have a coupe at the ready. **HOW MUCH \$129** (125ml),
available at Ralph Lauren

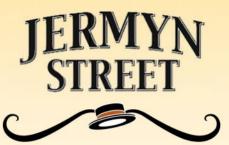
DOLCE & GABBANA

INTENSO Rich, warm and elegant, this aromatic woody scent is tailored for intimate evenings at the speakeasy. It opens with fresh aquatic notes and green nuances of basil and lavender, and promptly segues into a heart of honey, balsamic and exotic South African Moepel wood, before finally unfolding into an arresting dry down of labdanum, sandalwood

and cypress.

HOW MUCH \$139.90 (125ml), available at What He Wants, www. whathewants.com.sq





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ermyn Street Singapore embodies the very spirit of the renowned Jermyn Street, London - a mecca for gentlemen of distinction for hundreds of years of rich grooming heritage. An upscale 1800 sq ft barbershop, Jermyn Street Singapore celebrates today's dapper UberMale, who believes in grooming and style with its provision of top class British barbering, manicure, pedicure and eyebrow grooming services.

With the ambience of an exclusive gentlemen's club, patrons may sip their coffees or martinis whilst being pampered with personal advice and attention to their every grooming need, in the best class 'Belmont Apollo II' chairs for maximum comfort.

We are the official stockist for D.R. Harris fine selection of products ranging from soaps, shaving creams and soaps, aftershaves and colognes, skincare products and much more as it continues to appeal to all those who appreciate quality and distinction. D.R. Harris also holds the Royal Warrants to Her Majesty the Queen and HRH The Prince of Wales.









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ZAP THE FACE INVADERS

YES, MEN'S PORES ARE BIGGER THAN WOMEN'S, BUT THAT DOESN'T MEAN FLAWLESS SKIN IS UNACHIEVABLE. SOLVE THESE PROBLEMS TO PUT YOUR SMOOTHEST FACE FORWARD.



YOUR SKIN IS FLAKING

The epidermis is constantly shedding dead cells, says Dr Justin Ko, an assistant professor of dermatology at Stanford University. The flakes can mix with oil, settle into pores, and turn into blackheads through oxidation.



Dry skin can make the problem worse, so apply a moisturiser immediately after each steamy shower. The Lab Series

Instant Moisture Gel (\$80, available at #B3-44 Ion Orchard, www.labseries.com. sal replenishes the water in skin cells with a nonacnegenic oil-free formula. Drinking plenty of water also helps: Dr Ko recommends six to eight glasses a day.



YOUR FACE IS

SAGGING

Age, diet and sunshine conspire to break down skinfirming proteins collagen and elastin, says Dr Robyn Gmyrek, chief of cosmetic dermatology at Columbia University in the US. When that happens, pores lose support and expand, like facial sinkholes. REINFORCE THE CUSHIONING

Retinol, a vitamin A



Anti-aging Formula (\$125, available at Whathewants, www. whathewants.com. sg). It also contains ingredients that aid in relaxing fine lines to make them less visible, as well as alpha lipoic acid, vitamin E ceramides, and green tea extract to soften and protect the dermis.



Imagine the waistband of an old underwear - as the elastic ages, it stops bouncing back. The same thing happens to pores as your skin's renewal rate declines. says Dr Gmyrek.

APPLY A LITTLE SANDPAPER Exfoliate at least

weekly. Removing

dead cells means

they can't pack into and stretch out your pores. Try Truefitt & Hill Cleansing Scrub (\$30 available at 9 Ann Siang Road, www.truefittandhill. com.sg), which is dermatologically tested for sensitive skin. Post-cleansing, a toner such as **Kiehl's Oli Eliminator Toner** (\$40, available at Kiehl's stores, www.kiehlstimes. com) tightens pores and keeps sebum

production under

control.







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HAIR LOSS PROBLEM"

TO CONCEAL BALDING SPOTS IMMEDIATELY

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THE FLASH. IRON MAN. SUPERMAN. SILVER SURFER.

It's no coincidence that some of our culture's most popular superheroes – the ones kids dream of being – are also among the fastest. Speed is power, their stories teach us. And you don't need to be equipped with a remote-controlled Mark XLII exoskeleton to appreciate why. When you take action without hesitation, you're better able to pull your boss' butt out of the fire, sweep a beauty off her feet, or shake off the side effects of those teguila shots your knucklehead buddy ordered at closing time last night.

And these days, such skills are critical – because you don't have a minute to waste. "We're more starved for time than ever before," says Jan Yager, the author of *Work Less, Do More.* "Even with all the apps and services designed to help us save time, people are feeling pressured to do more and more with fewer resources." The Flash may not rush to your rescue but, thankfully, our army of experts can help. Read on and prepare to speed past your problems.

QUICK HITS ASSEMBLE IKEA FURNITURE STICK ALL THE SCREWS TO A MAGNET BEFORE YOU START,

AND YOU WON'T HAVE TO PLAY PICK-UP WHEN THEY SPILL ALL OVER. COOK ANY MEAL LAY OUT THE

INGREDIENTS BEFORE FIRING UP THE STOVE, AND DO THE DISHES WHENEVER THERE'S DOWNTIME.



SLIP OUT OF A HOLIDAY PARTY

SCORE POINTS FOR SHOWING UP – THEN MAKE A BREAK FOR IT.

PRESET AN EXCUSE

Tell the host you have a competing commitment when you RSVP, says Jacqueline Whitmore of the Protocol School in the US.

TAKE THE SCENIC ROUTE

Show up about 30 minutes after the party starts, unless it's a sit-down dinner. Most guests would have arrived by then and you'll be seen.

PULL A DISAPPEARING ACT

At larger gatherings, you can simply "ghost" – as long as you thank the host the next day, says Patricia Rossi, author of Everyday Etiquette.

KEEP MOVING IN A HUGE CROWD

When a sea of humanity stands between point A and point B, try one of these shortcuts from Paul Townsend of Crowd Dynamics International.



1/ Play Land Shark

Raise your hand above your head as if you're going to karate-chop something, and hold it there as you walk. When people see your "fin", they'll be more inclined to get out of the way.

2/Head Into Traffic

People in crowds are never evenly spread out. You can always find patches of open space available. Set a course through these areas, even if that course ends up being circuitous.

3/ Ride The Shoulder

Most people stick to the middle. They think it gives them a choice of which way to go. But you are not like most people. You're decisive, and you've decided to stay on the left or right.

4/Plan A Collision

When people avoid obstructions, they leave a less dense "wake" in the crowd. These are your openings. Capitalise on them. Just try to avoid actually walking into that pillar or post.



WIN AT MONOPOLY

BUY THE ORANGES. THESE PROPERTIES ARE VALUABLE BECAUSE THEY'RE A LITTLE PAST JAIL, SAYS MONOPOLY CHAMP KEN KOURY. IN OTHER WORDS, THEY GET LANDED ON OFTEN: "IF SOMEONE ROLLS A 6, AN 8, OR A 9 AFTER BEING IN JAIL, THEY'LL OWE YOU."







STANCH A SHAVING NICK

APPLY ICE TO THE AREA FOR ABOUT 15 SECONDS TO SLOW THE BLEEDING. THEN DAB ON A BIT OF GROUND BLACK PEPPER, WHICH HAS COAGULATING PROPERTIES, SAYS CRAIG WHITELY, OWNER OF THE GROOMING CONCIERGE.



PUT A TODDLER To bed

PSYCHOLOGIST JODI MINDELL HELPS LIGHTS-OUT GO MORE SMOOTHLY.

1 HOUR BEFORE

Go over the bedtime rituals with your kid, noting everything that will happen – go upstairs, put on pajamas, and so on. Toddlers are like little lawyers, so be specific: "Read two books", not "read books".

40 MINUTES BEFORE

Turn off backlit devices. The light suppresses melatonin, keeping both of you awake. Instead, start playing. It doesn't have to be quiet. A little roughhousing could tire the tot out faster than any lullaby.

20 MINUTES BEFORE

Start going down your list. Make a game or simple choice out of each item. For example: "Should we go upstairs loud like an elephant or quiet like a mouse?" Or set an egg timer and race to put on pajamas.

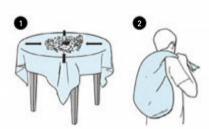
2 MINUTES BEFORE

Give the two-minute warning. Most kids don't understand times longer than this. Use familiar bedtime cues: Draw the curtain and turn on the night light. And consider using a sound machine.

LOCATE IMPORTANT E-MAILS FOR VITAL DETAILS — LIKE CONFIRMATION CODES — WHEN TRAVELLING, SCREEN-GRAB THE
MESSAGE, IT'LL BE EASIER TO SPOT IN YOUR PHOTO GALLERY THAN IN YOUR INBOX.

CLEAN UP AFTER A BIG PARTY

Catering expert Aaron Kleinle returns your space to spotless within minutes after the last guest waves goodbye.



Give Parting Gifts

Send everything you can out the door — any food you won't eat, and decorations you won't use. The more that leaves, the less you'll have to put away.

Hunt And Gather

Own a wheeled plastic cooler? Working towards the kitchen, fill it with like items – all the dirty glasses, say. Then you can wash and stash the stuff more efficiently.



Wrap It Up

1/ With everything but the trash cleared, push paper napkins, crumbs, glitter and other debris to the centre of the tablecloths.

2/ Bundle each tablecloth up like a Santa sack and carry it to the trash can.

3/ Empty the contents and toss the cloth into the hamper. Now pour yourself a drink.



PACK FOR A MOVE

DAN FOX, A MOVER FOR MORE THAN 40 YEARS, DESCRIBES HOW TO THINK INSIDE THE BOX.

HIT THE SEALING

Each box needs just four tape strips – two to seal the bottom and top flaps shut, and two to go across the flaps. Save tape and time.

DON'T TOP IT OFF

When a box reaches maximum weight, pack the space with crumpled newspaper and move on – don't leave to find things to fill it.

EMPLOY PACK MENTALITY

Don't waste time removing your clothes from dresser drawers – just remove the drawers, cover them up, and haul them off individually.



LOOK YOUNGER

MESS UP YOUR HAIR. RUB A DAB OF STYLING CREAM BETWEEN YOUR HANDS AND APPLY IT FROM THE CROWN OUT FOR A YOUTHFUL, UNSTUDIED VIBE. THINNING HAIR? TRY CLIPPING IT CLOSE OR SHAVING IT ALL OFF – THAT WILL KEEP PEOPLE GUESSING YOUR DOB.

MOST PEOPLE DON'T USE
VOICE COMMANDS AS MUCH
AS THEY COULD, SAYS
YAHOO! TECH FOUNDER
DAVID POGUE. FOR INSTANCE,
SAYING "CALL CHRIS AT THE
OFFICE" IS A LOT SPEEDIER
THAN SCROLLING THROUGH
YOUR CONTACTS.



PAINT A ROOM

BRUSH UP ON YOUR HOME IMPROVEMENT WITH TIPS FROM PAINT SPECIALIST JUSTIN BROWN.

MAKE A COLOUR RUN

Tough colours to cover (like red) might require primer and multiple coats. Instead, go with the same hue in a flat finish – you'll likely get away with one coat. Also, use a brush you don't mind trashing.

DROP EVERYTHING

Push furniture into the centre of the room and cover it with plastic. Then lay drop cloths in a 1.2m wide swath around the perimeter. Now you can paint away without stopping to wipe up roller spatters.

BRUSHUP

Using your paintbrush and a stepladder, paint a line 8cm wide in the corners, around all the trim work, and along the top edge of the walls where they meet the ceiling – anywhere your roller won't fit.

ROLL WITH IT

An extension pole is a godsend that lengthens your reach, cutting down on ladder time. Use it to work quickly around the room in one direction. No need to overdo it – working faster is actually better.

▶ REMOVE LINT AT WORK SLIDE YOUR HAND INTO A SHIPPING-LABEL POUCH, PEEL OFF THE PAPER SIDE, AND PAT. ▶ COOL DOWN

AFTER A WORKOUT SUBMERGE YOUR HANDS IN ICE WATER. YOUR HANDS' BLOOD VESSELS ARE TIGHTLY PACKED, AND THE COOLER

BLOOD WILL QUICKLY CIRCULATE TO THE REST OF YOUR BODY. PHEAL A BLACK EYE APPLY A WET GREEN OR BLACK TEA BAG TO THE

FOLD A FITTED SHEET

STOW LINENS FASTER, THANKS TO VANESSA HOLDEN OF FURNITURE RETAILER WEST ELM.











1/ Hold the sheet up with each hand inside a corner. 2/ Tuck one corner inside the other. Bring the other two corners into the same spot. Now straighten the folds at the bottom. 3/ Lay the sheet flat, fold the elastic ends inwards, and then fold to your desired size. 4/ Figure out what you're going to do with the extra space in your closet.



SHAKE OFF A HANGOVER

DR JASON BURKE EXPLAINS HOW TO GET YOUR HEAD STRAIGHT IN A HURRY.

STOP DRINKING

Duh. But don't go to sleep right away – that'll slow your metabolism. Stay up a half hour to whip up and scarf down a cheese omelette. It's high in cysteine, an amino acid that can help your body detox.

TAKE YOUR MEDICINE

After your omelette, pop 200mg of ibuprofen. This will help alleviate booze-induced inflammation, a major cause of hangover agony. (Avoid acetaminophen because it stresses your liver.)

HEAD, MEET PILLOW

You can hit the sack now, but don't try to sleep off the damage. For the same reason you stayed up an extra 30 minutes, you're going to set your alarm to sound eight hours from now. You hit snooze, you lose.

POUR A TALL ONE

In the morning, rehydrate with Pedialyte or low-calorie Gatorade, and have some fries and bacon to replenish your sodium.



DEFUSE AN ANGRY SPAT

THERAPIST DON COLE HELPS YOU MAKE PEACE AT WARP SPEED.

CALL A CODE BLUE

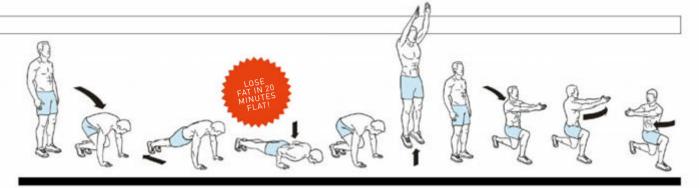
...or any other predesignated safe word to signal a 30-minute timeout. The first step is getting both of you to a calmer place.

SNUFF YOUR FUSE

Set your phone alarm for 25 minutes and use that time to distract yourself with something you enjoy doing, like shooting hoops.

BE THE BIGGER MAN

Spend five minutes of your timeout thinking about how you can be the first to take a little responsibility. Now it's her turn.





BURPEES AND LUNGES WITH A TWIST WILL BRING ON A BIG-TIME BURN, SAYS TRAINER JONATHAN AMATO. DO 40 SECONDS OF BURPEES, REST 20 SECONDS, THEN DO 40 SECONDS OF LUNGES, ROTATING YOUR TORSO 90 DEGREES IN THE DIRECTION OF YOUR FORWARD LEG AT THE BOTTOM OF THE MOVE. REST 20 SECONDS. REPEAT FOR 8 MINUTES, AND REST 1 MINUTE, CONTINUE FOR ANOTHER SET - OR REST LONGER, DUDE, THAT WAS REALLY HARD.

AREA. A CHEMICAL INSIDE (EPIGALLOCATECHIN GALLATE) HAS ANTI-INFLAMMATORY PROPERTIES,

AND THE CAFFEINE WILL SHRINK THE NEARBY BLOOD VESSELS. ► SEPARATE EGG YOLKS GENTLY

SQUEEZE AN EMPTY WATER BOTTLE AND HOLD IT OVER THE EGG. CAREFULLY SUCK UP THE YOLK.

Well-worn comfort normally takes months to achieve. You can do it in a day.



A PAIR OF JEANS

START HERE

Avoid loose-fitting denim. Tight jeans will break in faster because of the constant friction with your skin when you move. In fact, the more frequently you wear them, the better.

DO THIS NEXT

Fill a couple of nylon stockings with 280g each of fresh coffee grounds, and then set them aside in a 19-litre pail until later, when you change out of those jeans.

FINISH IT OFF

Pour hot water over the stockings until the pail is about ¾ full. Add your jeans; let them brew for 15 to 20 minutes. Rinse in lukewarm water

- Eric Schmidt, Director of Operations, Denim Therapy



A CAP

Put the cap on and curve the brim to the shape of your head - that will give it the most fitted look. Now wear it for an entire day so it molds to your head, reducing air pockets.

At the end of the day, curve the brim into a coffee mug or large drinking glass and leave it in there overnight. Then, when you remove it the next day, it'll look more worn in.

Throw the cap in the washing machine (or have it dry-cleaned). That will soften the material, allowing it to be more easily shaped.

- Josh Reed, Founder/CEO, Gents



SHOW A GUEST THE EXIT

ELLEN HENDRIKSEN. PSYCHOLOGIST, ON GIVING THE BOOT.

When a quest just won't take the hint, use nonverbal cues to convey that the party's over: Turn off the music, switch on the lights, and start washing the dishes. Unfortunately, even these moves will be too subtle for someone who's inebriated, in which case, ask (politely) how he or she is getting home. Call a cab - or better yet, coordinate with a friend for a ride. If that doesn't do it, be direct, but use a hint of humour. Ellen suggests phrases like "Okay, I'm kicking you out" or "I will now be your bouncer for the evening". Say it with a smile, and promise future plans as the door

is closing.

POWER LIST



Watch To Watch

GET THIS: LG Watch Urbane LTE.
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really. This next-generation wearable
watch will include NFC and a host of
other features never offered before on
a smart device for the wrist. Like any
4G phone, it can make and answer
calls, as well as send and receive
text messages.

THE BEST PART: With carrier support, this smartwatch offers push-to-talk capability with other devices on the same cellular network, so users can use it like a walkie-talkie (with unlimited range) to talk to multiple parties at the same time.

COST: TBA.



Tune Up Your Home

GET THIS: DCH-M225 Wi-Fi audio extender. **READY FOR:** The moments you want a soundtrack for every moment of your life. This gadget is able to stream music to anywhere within an extended wireless network.

THE BEST PART: It also works as a portable plug-in repeater that extends an existing wireless network. So no more zero-bar signal strength while in the toilet.

COST: TBA, at authorised retailers, resellers and distribution partners.

First-class

GET THIS: Philips NC1 headphones. **READY FOR:** Frequent fliers who want to drown out yakking seat-mates. Combining high-quality the NC1 redefines what a noise-cancelling headphone should be. Two "Feedbackward" mics positioned next to the headphone THE BEST PART: It's compact, fully foldable and lightweight, with a battery that lasts up to 30 hours. You'll literally be able to fly to the other side of the world without a recharge. COST: \$499, available at major tech stores.



Game On

GET THIS: Battlefield Hardline Premium.
READY FOR: When you're in the mood to play cops and robbers. This exclusive membership program delivers new content and early access to Battlefield Hardline fans to fuel their fantasies all year.
THE BEST PART: Premium members will enjoy four new super features – Masks, Gun Bench, Competitive Play and Legendary Status – as well as two weeks' early access to four story-themed expansion packs.
COST: TBA, available on major entertainment gaming systems.







Pack More Power

GET THIS: YE!! Energy Jacket.

READY FOR: When you need to power up your iPhone. The Energy Jacket BPP6 has a unique flexible design that makes it easy to install and remove.

THE BEST PART: Its powerful 3,000mAH rechargeable battery offers double the power on a single charge, and its soft and sleek silicone rubber protects your precious iPhone 6 from impact. You won't have to feel torn between protection and power anymore.

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Beauty And A Beast

GET THIS: Samsung Galaxy S6 Edge. READY FOR: Moments when you want to show off. This phone boasts the world's first curved display on both sides, showing off unique and outstanding beauty while providing an immersive viewing experience.

THE BEST PART: It's super-fast when charging – 1½ times quicker than its predecessor, the Galaxy S5, as well as WPC- and PMA-certified wireless charging tech.

COST: TBA, available at major telcos.



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Business

STI recovers as US indices fall on sliding oil prices

coil prices

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Private non-landed home resale prices down 1.1%

Private non-landed home resale prices down 1.1%

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Aussies pick 'shirtfront' over 'man-bun'

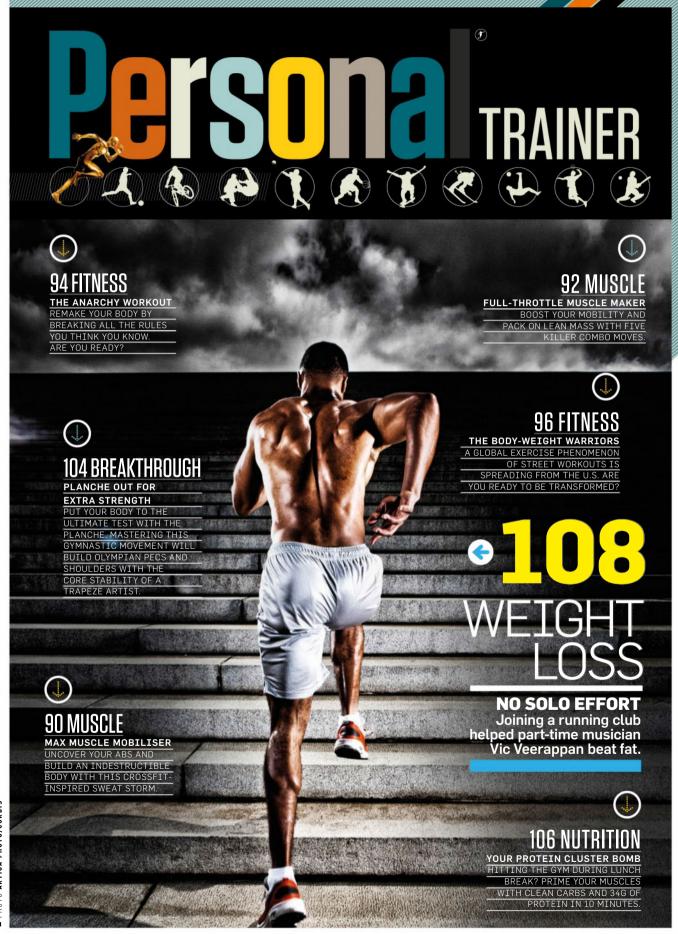
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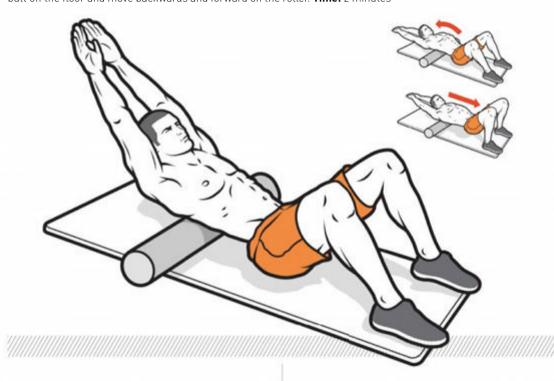


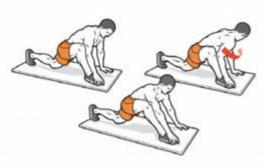
■ ILLUSTRATIONS +ISM

UNCOVER YOUR ABS AND

1/SPINE FOAM ROLL

Place a foam roller on the floor behind you, sit on your glutes, and lean back on the roller. Bring your arms over your head and place your hands together. Arch your back over the roller, and slowly return to the starting position. Repeat several times, and then lift your butt off the floor and move backwards and forward on the roller. Time: 2 minutes





2/HIP SEQUENCE

Assume a lunge position, right leg forward, with your right hand on your foot and your left hand on the floor. Push your right knee out as you rotate your body left. Now drive your hips back, straightening your right leg. Switch legs and repeat. **Time:** 2 minutes per leg



3 / COUCH MOBILISATION

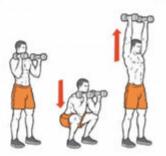
Back your right knee into the bottom of a wall and move your left leg into a lunge position, knee bent 90 degrees. Raise your torso and hold that position. Switch legs and repeat. **Time:** 2 minutes per leg

--->

Warm up on a treadmill for 5 minutes. Do the joint mobilisation exercises (Part 1). Then move on to the workout (Part 2): Do 1 set each of 1A and 1B. That should take less than a minute. Rest for the remainder of the minute. Repeat for 2A and 2B.

remainder of the minute. Repeat for 2A and 2B.
Then sprint on the treadmill for 1 minute or 200m, whichever comes first. That's 1 cycle. Do 10. Finish by walking for 5 minutes and doing soft-tissue exercises (Part 3). 1 set each.

2



1A / DUMBBELL SQUAT TO PRESS

Hold the dumbbells in front of your shoulders. Squat down, then explode up, thrusting the weights straight above your shoulders. **Reps:** 5

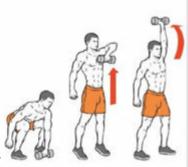


1B/BURPEE

Stand with your feet shoulder-width apart. Push your hips back, squat down, and place your hands on the floor. Kick your legs back into a push-up position and do a push-up, lowering your chest to within a few centimetres of the floor. Return to a squat, stand up, and repeat. **Reps:** 5

2A / SNATCH

Place a dumbbell on the floor between your feet and grab it. In a single movement, lift the weight up your body and try to throw it at the ceiling (without letting go). Return to the starting position. Do all your reps, switch hands, and repeat. **Reps:** 5 per hand



2B / DUMBBELL GOBLET LUNGE

Hold a dumbbell vertically in front of your chest, cupping the top like a goblet. Step forward and lower your body until your front knee is bent 90 degrees. Return to the starting position. Do all your reps, switch legs, and repeat. Reps. 5 per leg



SOFT-TISSUE WORK



1/QUAD SMASH

Lie on your left side with a foam roller positioned beneath your thigh, just above your knee. Slowly roll to your right until you're facing the floor. Knead the area of muscle pressed into the roller by raising and lowering your left heel. Move the roller farther up your thigh and repeat the process. **Time:** 1 minute per leg



2/GUT SMASH

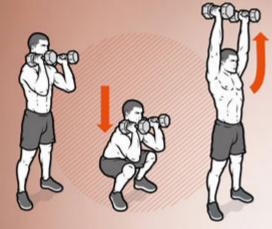
Lie on the floor with a lacrosse ball or softball beneath your navel. Roll the ball around by moving your body. Knead tight spots by curling the heel of your leg on the corresponding side of your body up towards your butt, and then lowering it. **Time:** 2 minutes



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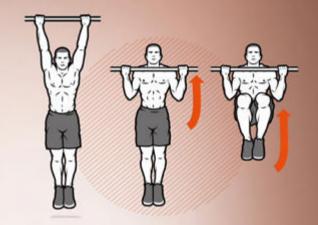
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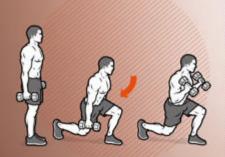
1/ DUMBBELL SQUAT AND PRESS

Stand with your feet shoulder-width apart and hold a pair of dumbbells just outside your shoulders. Keep your arms bent and palms facing each other. Squat, and then drive up explosively with your legs as you press the weights straight over your shoulders. Lower the weights and repeat.



2/ CHIN-UP AND KNEE RAISE

Grab a chin-up bar using an underhand grip, and hang at arm's length (a position known as a dead hang) with your legs straight. Pull your chest to the bar, and then raise your knees to your upper abs without rounding your back. Pause, and slowly reverse the move to return to a dead hang.



3/ DUMBBELL REVERSE LUNGE AND CURL

Stand holding a pair of dumbbells by your sides. Step backwards with your right leg, lowering your body until your left knee is bent 90 degrees. Curl the weights to your shoulders, then lower the weights and return to the starting position. Repeat, this time stepping back with your left leg. That's 1 rep.



4/ DUMBBELL BATWING ROW

▶ Hold a dumbbell in your left hand and assume a staggered stance, right foot forward. Bend at your hips until your torso is at a 45-degree angle, and allow the weight to hang at arm's length. Row it to your ribs. Now, raise your arm out to your side. Do all your reps, switch arms and legs, and repeat.



5/ PUSH-UP AND ROW

Assume a push-up position, gripping a pair of dumbbells and spreading your feet about hip-width apart. Lower your chest until it's a few centimetres off the floor, and then push back up to the starting position. Row the left dumbbell to your ribs, lower it and repeat with the right dumbbell. That's 1 rep.

THE PERFECT GROOM

YOUR BUDDY'S GETTING MARRIED, CONSIDER A BACHELOR WAXING PARTY FROM THOMAS D'ESTHETTOUE AND LEAVE HIM FEELING SLICK AND SMOOTH ON HIS WEDDING DAY.

ure, you've heard of Tupperware, scrap-booking, wine tasting and spa parties. But it's not just girls who know how to have fun. Men can have their share of ingenious ways to get together. Just add waxing to that list. Better still, a bachelor Brazilian waxing party for your buddy who's soon to be married.

While it might not sound like an ideal evening out for some, waxing parties are gaining popularity the world over. In Singapore, bachelor waxing is a new Brazilian waxing experience introduced by Thomas D'esthetique, the leading men's aesthetics, wellness and skincare salon. Its founder, Thomas Tong, has over 20 years of experience as a face and body aromatherapist for men, skilled at hair removal via Brazilian waxing.

Thomas D'esthetique provides two waxing services to suit one's comfort level. In addition, the procedure can be done either in the privacy of one's home or at the salon.

So what actually happens during a waxing session? As you lie face down, warm Brazilian Hard Wax is applied onto your nether regions. The trickling of wax is surprisingly pleasant. Muslin strips are then stuck onto skin and, before you know it, removed with a quick yank. As it's done with such swift dexterity, the pain is almost negligible. After you turn over, wax is applied on your most delicate areas and the procedure is repeated.

For added male bonding, you can have everyone at the party experience Brazilian, too.







Each can help you reach your goals faster. But combined, as they are here, the results are amplified.

You can lose up to 8kg in six weeks," says Andy. "You won't just be fitter - you'll sculpt a new you."



BE PROGRESSIVE

Most training programmes increase only one variable exercise time or difficulty within a given workout. "In Anarchy, you increase both," says Andy. "So if you're doing three sets of a T-plank, you might start with a standard T-plank, then do a T-plank with rotation, and finish with a T-plank with rotation and leg lift." Each set also becomes progressively longer. "The payoff is an enhanced metabolic effect," he adds. "And the mental challenge of constantly learning new skills doesn't leave room for boredom."



DO COMPOUND

Most guvs are familiar with supersets and tri-sets, which combine exercises that hit noncompeting muscle groups (such as quads and pecs) in back-to-back sets. "The moves in compound sets target the same muscle from different angles," says Andy. "So you

might pair lunges and squats, or two chest exercises." The goal is to increase the target muscle's time under tension without exhausting it. "The effect is twofold," he adds. "You increase the growth stimulus and burn more calories."

DO THIS Perform 1 set of dumbbell chest flys followed immediately by 1 set of dumbbell bench presses [A] (8 to 10 reps each) to complete 1 compound set. Rest for 60 seconds. Complete 3 compound sets for a serious upper-body pump.



PRESS "PAUSE"

By themselves, isometric moves - which involve holding a position, like a plank – are powerful strength builders. 'They're another way to increase stress on a muscle," says Andy. But isometrics become even more potent when integrated into a dynamic exercise – say, by holding the bottom of a jump lunge or jump squat and then performing several explosive reps. "It's called isodynamic training, Andy says. "By pre-fatiguing the muscle, you activate more type-2 fibres, which have the most growth potential.'

DO THIS Holding dumbbells by your sides, assume a staggered stance. Lower your body into a split squat [B]. Hold 20 seconds, then do 20 seconds of split jumps. Rest

40 seconds. Repeat, this time with your other leg forward. That's 1 cycle. Do 1 more.



HIT THE FLOOR

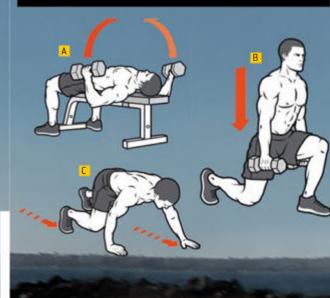
Consider your current workout plan. How often are you on all fours? "For most men, the answer is almost never." says Andy. "Very few men devote time to primal, quadruped movements like bear, crab and baby crawls." As a result, they're missing out on exercises that not only strengthen the shoulders and core but also boost coordination. "They force your body to synchronise muscles in ways most of us have forgotten," he says. "If you want to be more mobile and agile, you've got to start crawling.

DO THIS To perform a bear crawl, get on your hands and knees, and lift your knees off the floor [C]. Move your right hand and left foot forward. then repeat with your left hand and right foot. Crawl for 30 seconds, then rest for 30 seconds. Do this 2 more times.



SWITCH DIRECTIONS

Every time you do a squat, bench press, row or other exercise with forward and backwards movement vou're training in the sagittal plane. "And that's the only one most guys train in," says Andy. But there are two others - frontal (sideto-side) and transverse (rotational). "Exercising in all three by doing moves like the lateral lunge and rotational slam will work your muscles from new angles," says Andy. "Plus, you'll boost your mobility and stability, which are critical for athleticism."



To build an athletic body, you need to exercise in multiple planes of motion.







HANNIBAL LANHAM

reshaped himself, and then he reshaped the fitness world. For years, Hannibal simply trained hard, banging out body-weight exercises - push-ups, pull-ups and dips explosively in monster sets. And it would have stayed that way - one man doing his workouts in a city park - had it not been for a friend with a video camera.

Hannibal, 36, lives in New York City. He does not have a passport. He muscled his way into the global consciousness from a playground. There, on the sunny morning of June 22, 2008, he executed a sequence of

extreme bar calisthenics while a friend filmed. Levers, human flags, muscle-ups and planche push-ups on parallel bars (with both feet elevated) - Hannibal made the impossible seem effortless. His naked torso looked like a comic-book hero's, with bevelcut muscles rippling under his skin. His friend posted the video on Youtube, with a mythic title: "Hannibal for King."

Over 10 million views later, from Beijing to Cape Town and Moscow to Sydney, Hannibal took an old-school form of exercise to a whole new place.



When Hannibal was a boy, his father was sent to prison. "Maybe bank robbery, murder, I never really knew," he says. His grandmother raised him and tried through force of hope to save the child from a similar fate. You're going to be a preacher, she would say. Instead, he grew up to be a sometime bicycle mechanic and marijuana dealer. By the time of "Hannibal for King", he was 29, an unmarried father living in a homeless shelter. "I did a lot of

working out, just doing my best to stay afloat," he says.

Nothing in the video reveals these details of his life. During his workout, he speaks barely a word, so anyone who watches "Hannibal for King" sees not so much a specific person in a specific place but an idea about strength. It's the idea that a man needs only a bar to so fully realise his body's potential that he becomes magnificent.

Six years later, that video has been recut and reposted so

many times, and Hannibal has made so many other exercise videos, that it's impossible to say how many tens of millions have watched his workouts. What's certain is that just by exercising that one day, he changed lives around the world.

SOLOMON GOLD, THE BARTENDAZ ATHI FTTC ALCHEMIST, GIVES HIS 5 TOP TIPS.

Soften Your Grip

Beginners often grab the bar too tightly. This creates unnecessary tension, hastening fatigue. Imagine an iron fist inside a velvet glove – firm but gentle.

Don't Burn Out

Doing reps to failure locks sloppy technique into your muscle memory. Strive for perfect form, stop a few reps short of failure, and rest longer between sets.

Line It Up

When pulling yourself up to the bar, avoid the temptation to lean back. Doing that sends your energy horizontal, not where you want it to go, which is vertical.

Slack Off

Never lock your elbows at the top of a push-up, dip or muscle-up. You run the risk of stressing your wrists, elbows and shoulders, potentially leading to injury.

Go Hardcore

The Bartendaz do plenty of planks, such as the superman, for back strength: Lie face down, arms extended. Raise your legs and shoulders, and hold.

MONKEY-BAR MUSCLE

Barstarzz member Mosies Contreras (right) does a front lever as Jose Jiminez warms up.

AMONG THOSE HE CHANGED: FILIP LONCAREVIC.

Filip, a 25-year-old sailor from Montenegro, describes the first time he watched Hannibal on Youtube: "The video showed me how I can do stuff I want." Speaking English as a fourth language, he adds: "It was connectivity on the first sight."

Filip is on a bus of "bar athletes" rolling through central Moscow one afternoon in July. Most of the men say watching Hannibal's videos changed their lives. Now, they've come to Russia from six continents to compete in the Street Workout World Championships, a oneday event that's the Olympics of pull-ups. On a pre-contest sightseeing tour, the bus stops in Red Square and the athletes start playing around: handstand push-ups in front of Lenin's Tomb, and human flags on the balustrades of the onion-domed St Basil's Cathedral. Amused bystanders are witnessing a global exercise phenomenon, one that goes by several names, the plainest of which is "street workout".

These men, inspired by the Hannibal videos and similar clips of others, add their own moves, plus other ideas borrowed from yoga, gymnastics, mixed martial arts and parkour. The result is exuberant, hybridized bodyweight moves that can be done on bars, trees, scaffolding, benches, traffic lights and playground equipment. Then, like gymnasts or breakdancers, they stitch those moves together into routines and show them off live in competition or in videos posted on social media.

Filip's whole life changed when he tried to master the move that opens "Hannibal for King": Hannibal hangs straightarmed from the bar; the full length of his body, held rigid, floats up slowly as if in zero gravity and comes to rest, horizontal. In gymnastics, that move is called a front lever. But for a while, as far away as South

Africa, it was known only as the Hannibal.

It took 14 months of leg raises, push-ups, planks and pull-ups – moves for core and back strength – before Filip could do it. Cradling his callused hands, he says: "You feel that you have some kind of special power. You feel amazing." Then the fun started. By changing hand and foot positions, he created his own moves. "You can bring your character to expression through the movement, to make your own story."

The fundamentals of this form of exercise are as old as civilisation. Before the battle of Thermopylae in 480BC, Spartan warriors did calisthenics, which in Greek (kalos sthenos) means "beautiful strength". More recently, European and Russian physical education experts debated the effectiveness of different forms of calisthenics.

"Ready for Labor and Defense", abbreviated in Russian to "GTO", was the name of the Soviet Union's calisthenics programme founded in 1931. In the West, too, calisthenics was tied in with military preparedness and shaped physical education programmes. And that's how calisthenics earned a bad rep. It was the opposite of creative, the opposite of fulfilling, the opposite of fun. It was civic duty.

Which is too bad, because calisthenics training is a safe, proven way to build functional strength – the kind you need to schlep groceries, pick up a toddler or sprint for the 7.40am train without tweaking your hamstring.

"Body-weight training using explosive movements or in high volumes can help you achieve serious strength," says Mark Peterson of the University of Michigan's Department of Physical Medicine and Rehabilitation in the US. For most guys, their body mass represents close to their maximum load for upper-

body movements.

Elite bar athletes can lift two to three times their body weight. Observing Hannibal's front lever, Prof Peterson says: "From his shoulders down through his hips, he's simultaneously contracting all the muscle surrounding the spine. It's like he's creating a tight sleeve of muscle to support and protect a rigid spine."

Filip's story of how Hannibal

inspired him to learn the front lever – and then to make bar calisthenics his own – illustrates street workout's democratic essence. You don't need money, you don't need a gym membership, and you don't need gear. It sets you on a quest to discover your own distinctive strength. How can it change your body and your life? We'll let Hannibal's warriors show you three ways.



PULL-UP: MASTER THE FUNDAMENTALS

Back in the early 2000s, before his videos went viral, Hannibal belonged to a workout team called the Bartendaz, which started with a man called Giant. Born Warren Bradley in 1968 on New York City's Lower East Side, Giant came up as a boxer and martial artist. In 1989, he was convicted on drug charges and served a four-year prison sentence.

"I went in a caterpillar and came out a butterfly," he says. He became an orthodox Muslim and changed his name to Hassan Yasin.

In 1994, he started a mentoring programme called Giant Thinking. [It's an acronym for "Growing Is a Noble Thing, To Help Introduce Nationwide Knowledge Involving Natural Guidance."] Because he loves paradox and provocation, he took the first half of the programme's name for himself. Giant stands 1.70m tall.

In his off hours, Giant worked out in public parks, refining a regimen based on seven moves: the pull-up, push-up, dip, squat, lunge, jump and plank. He had learned these as a child and mastered them while locked up.

After his release, he used the bars as a place to make friends – guys named Animal, Brick City, Drunkin Storm – and blow off steam.

"I wanted a safeguard to give me peace when I was stressed," he says. He found that safeguard in the park, on the pull-up bar.

Every day, Giant still does 30 sets of 15 reps of his trifecta: pull-up, push-up and dip. With his friends from the parks, he formed the Bartendaz, and the group made some videos that they sold informally. Eventually, Hannibal and the team parted ways, as did many original members. But their influence spread.

Giant's approach to fitness, formulated as the Bartendaz Natural Movement System, is based on his seven-exercise regimen. It has been taught in almost 100 schools and youth programmes, as well as in prisons, and it emphasises balance and strength through a wide range of motion. Each exercise is parsed in three spatial planes: frontal (forward) and backwards), sagittal (side to side) and transverse (rotational). Each move also carries symbolic meaning. Pull-ups, for instance, are "something you can do to take control of your destiny". That is, your self lifting up your self.

On an afternoon last year, in a New York City park, Giant drops by a Bartendaz workout class. Each student is given a nickname – Dynasty, Salubrious, Queen (the only girl in this class), and a 12-year-old named Ty-Ty, who started with the Bartendaz two months ago. As Ty-Ty hits the top of his first pull-up, Giant calls out: "Love yourself!"

That kind of clear, direct vocabulary for talking about emotion and commitment is typical of many bar teams. The members are up front about something a lot of athletes keep under wraps: Athletics is a form of intimacy that requires real risks and yields significant rewards. You're showing weakness as you try to improve.

After two months under watchful eyes, Ty-Ty can do seven pull-ups. This is how you change a life.









MUSCLING UP
Hannibal does an Incredible,
a version of a muscle-up where
you keep your legs straight.



MUSCLE-UPS:DEVELOP EXTREME STRENGTH

Competency in bar calisthenics involves executing pull-ups, push-ups and dips. The next level is the muscle-up – a pull-up with a bang.

When Eduard Checo was in primary school, he'd watch his elder brother – a football player – doing push-ups. "I always wanted to be big like my brother," Ed remembers, "so I copied him."

Another reason to be big: fighting. That was just one line on the resume of Ed's teenage troubles. He ran with gangs, he landed in juvenile detention. Unemployed at age 19, he had burned out. He had nothing. Then one day, he bumped into his high school bud, John, who suggested they lift some weights together, hoping it might help keep Ed off the streets.

Not long after that, John watched a Bartendaz clip and

told Ed they had to learn this new move. It was like a pull-up, he said, but you raise your upper body over the bar, not to your neck but to your waist. And just like that, Ed was hooked on body-weight training.

A month later, Ed had nailed the muscle-up. The high lasted all day. That was in February 2009, and the feeling inspired him to form a team called Barstarzz. The team is pioneering a new bar technique called freestyle. As the name suggests, the technique emphasises flowing, dynamic manoeuvres and elaborate, explosive moves.

The New York City bar world is divided – old-school reps and sets versus new-school freestyle – and that reflects another big divide.

The Bartendaz have an emphatic social mission with a local focus, built on a message that's mainly about being good.

The Barstarzz, by contrast, do a lot of peacocking for fun and (eventually, they hope) profit, on the global stage of social media, where they seem to live half their lives embodying a message that at first glance seems mainly about looking good.

Ed, now 26, has made a fulltime job of building Barstarzz into a global brand. He maintains a jet-set travel schedule judging competitions and leading workshops. Barstarzz now has more than 50 members around the world.

The biggest concentration of Barstarzz members is in New York City, where the team's weekly workouts in Fort Tryon Park in Manhattan draw a crowd of about 70. Those sessions start with an hour of games, like plank-holding contests and push-up progressions, to warm up before they freestyle.

"Pull-up or shut up!" is one official motto for the group. It reminds them of transformations like Ed's, which are the soul of what's going on in the park.





AIR: COMPETITION SPARKS CREATIVITY

Street workout competitions are more common in the former Eastern Bloc (especially Russia, thanks to government funding) than they are in America. There's no big money yet, but contest organisers provide bar athletes with incentives to develop their skills and perform.

For now, the ultimate reward is bragging rights. The bar world championships are organised by the World Street Federation, which puts on dozens of major contests globally. Its founder, Maris Slezins, is a 30-year-old civil engineer from Riga, Latvia. Maris first saw "Hannibal

Workout & Calisthenics

Maris first saw Hannibal for King" in 2009, when he was out of work and his marriage was failing. He made it his goal to successfully perform the human flag – holding on to a vertical pole while keeping your body horizontal. It's a hard move for a big guy – Maris is 1.80m and 92kq.

After nine months of training, he achieved it. His buddy shot a video, which Maris then posted to social media. Having so many people see this small but mighty act made him feel better than he had in a long time. He dedicated his life to promoting calisthenics – first in Latvia, then globally.

The Moscow competition is the world's biggest yet, with 67 bar athletes from 44 countries. There's a cultural split between Eastern bar athletes, who do more static strength moves like levers and human flags, and Western ones, who do more dynamic moves like jumps and muscle-ups. Most choose one style and stick to it. One top bar athlete, Vladimir Sadkov, says: "In Russia, we have a proverb: 'Chasing two rabbits gets you nowhere."

Two athletes from the US are here, having won invitations based on videos they'd submitted. Ishmael Lugo, 23, is a security guard at a shoe store on Manhattan's Upper East Side; Chris Luera, 32, is a hairy fireplug of a man from Los Angeles who calls himself Tatted Strength. Chris stopped working catering jobs so he could enter bar competitions and work as a trainer. Ed of Barstarzz is also on hand as a judge. Competitors are graded in three categories: static moves, dynamic moves and combinations.

Ishmael, who started out copying moves from videos by

Barstarzz members, among others, trains mostly solo. His regimen is heavy on plyometric versions of pull-ups, push-ups and muscle-ups. What he excels at is not a move exactly; it's the space between moves. Ish can do a lot of things: pedal his feet, shimmy his hips, fist-pound his chest. (Yup, mid-pull-up.) Bar athletes strive to grab air as much as skateboarders and ski jumpers. Ish says he wants people to look at him and think: "Wow, that dude can fly."

A crowd of 10,000 gathers at Kenguru Pro park next to the Luzhniki Olympic Complex. Bleachers surround a stage set up with an elaborate framework - monkey bars gone wild. In the first round, Ish flies high. From one explosive muscle-up on a high bar, he blasts himself backwards more than 1.8m to catch a parallel pull-up bar in the crook of his knees. The force of impact carries his body into rotation around the bar, flipping him upside down. He retakes control of his torque by reaching up to grasp the bar. Then, as gravity begins to make its point, Ish begs to differ and flings both legs straight out into a back lever.

In the second round, though, his creativity flatlines – his basic moves fail to impress the judges. It doesn't matter. Just to be there, he says, hanging out with so many of the world's top bar athletes, made this the best day of his life.

On this day, Ish sees more moves than he ever could in a year of watching Youtube. He sees Filip, the sailor from Montenegro, perform a onearm front lever. He sees the spring-loaded acrobatics of Tatted Strength. Tatted lets go of the bar while doing a backlever pull-up, only to catch himself on the ground in a planche push-up (his body is horizontal, both feet elevated).

Ish sees the technical perfection of Eryc Avendano, the Frenchman who earns first place, with a routine combining single-arm muscle-up donkey kicks (he bucks his feet out over the bar) and fingertip planche push-ups. And he witnesses the live-wire joy of 19-year-old Ukrainian Vadim Oleynik, the crowd fayourite.

Vadim has found a way to chase both rabbits. He performs static and dynamic moves simultaneously, doing a human flag while walking (and sliding and skipping) his feet as if along an invisible wall the way a mime presses his palms to the inside of a glass box.

Every hour or so, the proceedings are suspended. That's when the DJs crank up energetic music (Avicii and Jay Z) and ponytailed "workout girls" in short shorts and tight black T-shirts take the stage. The crowd and athletes all rock out, even after spending five hours of competition in the sun.

Maris and Ed are pumping their fists, and the music draws everyone up into the brotherhood of the bar. Pullups, in this moment, seem like the crowning act of human life, and if there is any greater use to which a man's energy might be put, it could only be to teach another how to do it.

One month later, in New York City, Hannibal sits in a park talking through a strange reality of his life. Probably more than anyone, he has inspired a new global passion for bar calisthenics. Yet, worldly success continues to elude him.

He makes a modest income from his personal training work, DVD sales and endorsement deals. His biggest gain: the responsibility of being a role model to so many. That's what has made Hannibal a stronger person.

He wonders whether, in some odd way, his grandmother's prediction that he would be a preacher is slowly playing out. "All of this became what it is today because I just wanted better," he says. "Once I realised a few things I could do better, I just kept reaching."

MAKING A STAND

Hassan "Giant" Yasin with fellow Bartendaz Michael Fontanez (left) and Anthony Suppe (right). PUT YOUR BODY TO THE ULTIMATE TEST WITH THE PLANCHE. MASTERING THIS GYMNASTIC MOVEMENT WILL BUILD OLYMPIAN PECS AND SHOULDERS WITH THE CORE STABILITY OF A TRAPEZE ARTIST.

DROP IT!
To start, hit the deck in a push-up position, but turn your hands out at a 90-degree angle. This will help you balance when you start this gravity-defying move.

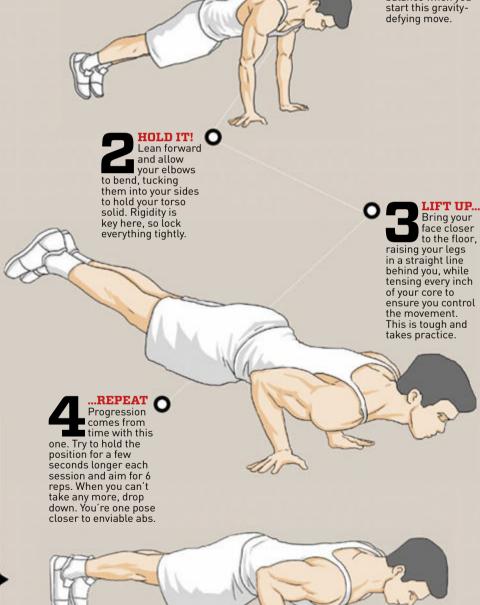
TEXT LOUEE DESSENT JACKSON ■ ILLUSTRATIONS ZERMOUR S.H.

If your workout is stuck in the same tired routine, it's time to floor it. This pose requires you to support your entire bodyweight with your arms, while your core stabilisers have to work overtime to hold the position and keep you from toppling face first.

The intense strain on your chest, shoulders and triceps means your mirror muscles receive all the benefits of a bench press, with the added bonus of being able to perform this from the (relative) comfort of your bedroom floor.

Sounds too easy, right? We knew you were thinking that. The leg extension turns up this move's difficulty level to elite. But nail this challenging pose and you'll see rapid improvements in your sport and gym game, as well as your physique. Expect to build washboard abdominals as you incinerate fat from your midriff, along with popping stabiliser muscles worthy of the world's best ring athletes. Just don't expect to ace the move with perfect-10 form on the first attempt.







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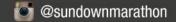














THE DATA

Protein: 34g

Carbs: 26g Kcal: 399 Sat fat: 0.5g

► Time to make: 10 minutes

YOUR PROTEIN CLUSTER BOMB

HITTING THE GYM DURING LUNCH BREAK? PRIME YOUR MUSCLES WITH CLEAN CARBS AND 34G OF PROTEIN IN 10 MINUTES.



YOU WILL NEED

- SWEET POTATOES, 2, MEDIUM-SIZED
- CHILLELAKEC A DINCH
- A CODING ONION CLICED
- LOW-FAT COTTAGE CHEESE, 150
- ONE OFFICE MICROWAVE

0-8 minutes

▶ Don't worry – you're only really prepping for 30 seconds. Prick the two sweet potatoes all over with a fork, then microwave them on high for eight minutes. Flip them over halfway through.

8-9 MINUTES

▶ Once they're done, cut the potatoes lengthways and squeeze the ends inwards to make the pocket for your muscle-friendly payload. They'll be ridiculously hot, so leave them to steam away.

9-10 MINUTES

► Meanwhile, drain the tuna, and mix in the chilli and spring onion. Pack the low-GI shell with your filling and top with cottage cheese. It's a more explosive post-workout meal than anything on the high street. And a good deal cheaper. Kaboom!

PHOTOGRAPHY ZAPHS ZHANG

ART DIRECTION & FOOD STYLING ASHRUDDIN SANI

A small sweet potato gives you 284 per cent of your RDA of the antioxidant beta-

carotene, which karate chops any post-training stiffness, found a Japanese study.



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NO SOLO

JOINING A RUNNING **CLUB HELPED PART-**TIME MUSICIAN VIC VEERAPPAN BEAT FAT.

THE SETBACK

A drummer by night, Vic Veerappan used to follow up his night gigs with supper and pints of beer. To make things worse, the percussionist put on 10kg in the span of a year when he became addicted to Sichuan-style spicy steamboat buffets. "I had no control. I gorged myself three times a week," he recalls.

THE WAKE-UP CALL

Vic started having problems breathing, especially during three-hour-long concerts where he had to play almost nonstop. Just as declining health threatened to put paid to a lifelong passion, he met a lady who had lost weight through exercise. "She convinced me to join a social running club she was a part of."

THE PLAN

Vic had no concrete plans to go at first, but attending the running club's sessions helped him stick to his weight loss ambition and motivated him to exercise on his own. "It was tough at the start; I couldn't even go past 1km," he says. The 40-year-old was a runner and footballer in his school days. "Perhaps because of this, I was able to improve quite quickly and complete 5km after two



"I STOPPED TAGGING **ALONG WITH MY** SUPPER BUDDIES... **AND MY CRAVINGS** DISAPPEARED."

> weeks." Plus, the seniors at the club provided an extra mental boost. "There are 60and 70-year-olds who look like they've finished the run before it has even started. But then they take off like bullets!"

FITNESS

The running club held 7km to 8km runs at various locations. including forest trails, every Friday. "I needed these new running experiences," Vic says. Once he had hit his target weight of 74kg last year, he started swimming and going to the gym as well. These activities coincided with an even heavier workload, but the former music instructor kept marching to the beat: "I knew that if I could find time to practise drums for hours each day without fail, then I must also have the same discipline when it comes to keeping fit."

FOOD

Vic started off by skipping dinner at first. "Or I would eat only vegetables and fish," he specifies. For other meals, the steak lover relied on small servings of wholemeal bread for his source of carbs, while restricting alcohol intake to two glasses of beer a week. It's also about who one hangs out with, he reasons. "After my gigs, I stopped tagging along with people who'll make a U-turn for mee goring... and the cravings disappeared."

THE REWARD

"My size used to keep me from buying clothes, as they wouldn't fit. Now, I can walk into any shop and wear what I want," he says proudly.

WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Columbia Basecamp worth \$127.30! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos. E-mail: menshealthsg.bellyoffclub@gmail.com.



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CROSSFIT COACH NG U-JIN COMPLEMENTS HIS FITNESS REGIME WITH POUNDING THE PAVEMENT.

g U-Jin used to run long distances to keep fit, while also regularly signing up to run full and

ultra-marathons. When he discovered Crossfit, his focus shifted a little, but he never stopped running.

"In fact, Crossfit actually serves as a good supplement to running," says the 28-year-old, who is now head coach at Crossfit Red Dot gym.
"Crossfit trains a broad range of physical fitness, from stamina and strength to speed and agility, and it in turn helped me to run faster and harder."

WHAT GOT YOU STARTED ON RUNNING?

Running was initially my main form of exercise. I also did muay thai, but I considered being able to run distances the key measure of my personal fitness. I participated in marathons, ultra-marathons and the Men's Health Urbanathlon. Running is also a way of bonding with my dad. After I got into Crossfit, I discovered a new challenge and realised it can also help in running. So, the dynamics of my fitness regime changed.

■ SQUATTING
STRENGTHENS THE LEGS,
AND IMPROVES YOUR
RUNNING ABILITY, ■



HOW DOES CROSSFIT HELP RUNNING?

I come from a running background, so it was quite a big change from a running-only regime to Crossfit. The latter helps me train across a wide spectrum of fitness, from cardiovascular endurance to strength and conditioning. This builds up my body, and helps me run faster. For instance, squatting strengthens the legs, and naturally improves my running ability.

HOW IS RUNNING A PART OF YOUR TRAINING NOW?

Running is an important part of general physical fitness, and in Crossfit, it is often incorporated as part of a workout. It can be interval sprints as short as 50m, or timed runs as long as 10km. Sometimes running can even become the key element in a workout. For example, one particular workout I often do consists of five rounds of 400m runs with 15 overhead squats.

WOULD YOU RECOMMEND YOUR CLIENTS TO PICK UP RUNNING?

Running is a basic human movement – it's one of the easiest ways to get your fitness regime started. It's convenient and you don't have to pay for a gym membership to run in the park or around your block. However, you should try to include other forms of exercise in your fitness regime as well. More importantly, you must have fun exercising. Training with friends is a good way to get started. Then, it becomes part of your lifestyle, and it's as simple as putting on your sports shoes and going out.

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There are improvements galore in the latest iteration of the Japanese running brand's newest cushioned treads. First is weight reduction - the bottom foam is 15 per cent lighter and the upper is now seamless. Also, new forefoot and rearfoot configurations enable a more dynamic toe-off and control overpronation with greater efficacy. The result: A more stable ride on top of lighter cushioning, and potentially reduced muscle fatigue for runners (even on longer distances).

2 ADIDAS ULTRA BOOST

\$289, AVAILABLE AT ADIDAS SPORT PERFORMANCE STORES, WWW. ADIDAS.COM

A runner's foot can expand up to 10mm or more in width while he's running. With this in mind. the new offering by Adidas features a redesigned upper that reacts to changes in foot width. The shoe also boasts an entirely new heel construction that promises to reduce strain on the Achilles tendon. Above all, the German brand's proprietary Boost midsole promises performanceboosting energy return in any running environment.

3 REEBOK ZPUMP

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Having trouble finding a shoe that conforms to your foot shape? Here's one that literally transforms itself for a perfect fit. The upper of this trainer incorporates a proprietary inflatable cage, an innovation that surrounds and moulds to the foot for a custom locked-in snugness at the press of a raised button near the heel. The shoe is also made up of just three key parts, meaning no rigid components that restrict your movement.



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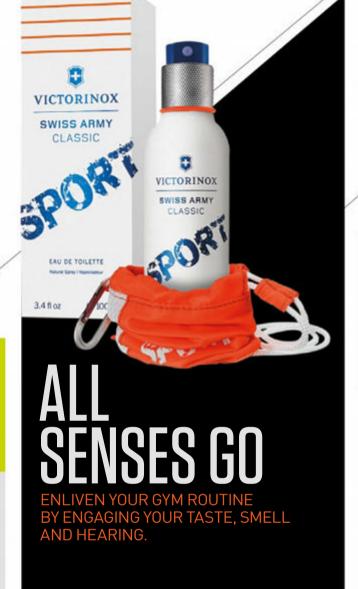
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SPORT ▶\$84, available in Alt Beauty at BHG Bugis



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Should you need a palate sweetener in between sets to keep you going, coconut water might be a good option. This one is almost as good as what you'll get fresh from the shell, and also contains



five essential electrolytes (potassium, calcium, phosphorous, sodium and magnesium) for effective hydration. Plus, the drink is free of flavourings and added sugar.

SPORT PULSE WIRELESS

▶\$298, available at Challenger and major lifestyle electronics stores

monitor across

your chest, these buds will prove a godsend. There's a built-in monitor in the left earbud that can be synced to a Jabra's Sport Life app, which in turn provides realtime training feedback. On

top of reliably measured workouts, you'll also get clear, immersive sound, thanks to Dolby technology. A quick tap on the earbuds allows you to control volume, music playback and take calls.

If you've never liked the idea of wearing a heart rate

PRODUCTS PROMOTIONS EVENTS

TISSOT Watch lovers with a taste for nostalgia, take note: The Tissot Vintage is plated with 18K rose gold and adorned with intricate antique detailing. Inside, the timepiece carries the revolutionary Powermatic 80 movement, which offers a whopping 80 hours of power reserve. The Swiss-made ticker is finished with a scratch-resistant sapphire crystal and a leather strap with push-button butterfly clasps. Available at Tissot boutiques.





ERMENEGILDO ZEGNA This Italian men's luxury brand unveils the Essenze Grooming Collection, three skincare and lifestyle products for the discerning gentleman. Each item is piqued with the exotic and refreshing scent of Italian bergamot. The Moisturising Balm (\$147) soothes dehydrated skin, while the Exfoliating Body Bar (\$72) is infused with citrus peel, bamboo and olive oil to cleanse and polish the body. To complete the experience, the Candle (\$147) fills your bathroom with an enticing scent. Available at the Ion Orchard, Paragon and Marina Bay Sands boutiques, and at Robinsons The Heeren.

ENRICO COVERI With over three decades of excellence in design and craftsmanship, and 25 stores in three continents, this renowned Italian fashion house has arrived on our shores with the Viaggia Collection. The range of men's bags consists of five silhouettes for the style-savvy corporate guy: postman bag, sling backpack, backpack, document bag and tote bag. These are made with PVC vinyl leather and trimmed with genuine leather, and feature an easy-tomatch colour palette with the label's monogram print. Available at leading department stores.





ASICS With premium cushioning and design features that guarantee maximum stability for runners, the Gel-Numbus 17 ensures comfortable runs even on longer distances. It boasts a redesigned stretchable upper that's now seamless and lighter. New sole material also offers a greater energy return while giving the same amount of cushioning without added bulk. Meanwhile, the 10mm-drop shoe features a rear-foot design that slows the rate of overpronation. \$239, available at Asics stores and selected authorised retailers.



LONGINES The Longines **Conquest Classic** Moonphase is the latest addition to the Swiss watchmaker's equestrian-inspired collection. With a diameter of 42mm, the chronograph houses the mechanical caliber L678. The black or silver dial is set with nine superluminova indices that elegantly contrast the moonphase display. In the meantime, a half-moon central hand indicates the date. The case is available in steel, steel and rose gold or 18K rose gold. Available at Longines boutiques and authorised

dealers.

AIBI

Relax your muscles and alleviate soreness with the Refa Active. Featuring ergonomic handles and two adjustable rollers, the handheld device enables the user to administer the right amount of force on various body parts. The multi-faceted roller surface maintains sure contact with the flesh and allows smooth gliding on body contours. During the massage, the roller also emits microcurrents low-intensity electrical charges that closely resemble your body's biological currents. Available at Aibi showrooms and www.aibistyle. com.





SKECHERS The **Skechers Gorun** 4 fulfils the roles of a daily trainer as well as a performance running shoe with aplomb. A soft midsole built on a 4mm platform promotes a natural running experience with excellent cushioning. The design also helps runners achieve a midfoot strike. Flexible rubber pods on the outsole work together with the lightweight upper to provide a more stable fit at higher speeds and over longer distances. Available at

Skechers stores.

EDOXPowered by an automatic

movement, the Swiss-made **Edox Geoscope North Pole Limited** Edition commemorates record-breaking adventurer Christian Redl's expedition to the North Pole. The ticker sports a distinctive orange crown protector designed by Christian himself. The GMT function works via two pushes that set the second time zone. \$5,800, available at **Cortina Watch (New** Bridge Road), International Watch (Park Road) and **Vincent Watch** (Tampines Mall).



PRODUCTS PROMOTIONS EVENTS

ECCO Conquer rainy weather with the Ecco O2, a highly breathable, fully waterproof men's shoe that showcases Gore-tex Surround technology. The waterproof membrane covers the foot and works in tandem with an air-channelling system in the sole and midsole for 360-degree comfort. The premium-quality yak leather upper enables you to pair the footwear with formal attire. \$299.90, available at Ecco stores.





SHINOLA Defined by craftsman-standard quality, the Runwell Pocket Watch is a gem for watch lovers seeking an iconic timepiece. Based on the design of the Runwell (the first series ever produced by the American watch company), this stylish ticker sports a polished 49mm stainless steel case, a single curved sapphire crystal, and an Argonite 1069 movement. The dial is available in slate blue or white. \$1,205, available at Clout 9, #02-09 Wheelock Place.

TUDOR Engineered for both style and performance, the Tudor Heritage **Black Bay** is a 200m water-resistant diving watch that features a 25-jewel self-winding mechanical movement and a power reserve of approximately 38 hours. On the exterior, details such as the domed sapphire crystal and decorated winding crown are testaments to the Swiss watchmaker's finesse (and your fine taste). \$4,550, available at authorised Tudor dealers, www.tudorwatch.com.





URBAN HOMME A place for rejuvenation for the discerning modern gentleman, Urban Homme is one of the leading face and body spas for men. Choose from nine slimming and body-sculpting treatments, 15 skincare and facial therapies, and five categories of spa treatments. Couple suites are also available. Five locations islandwide. Call 1800-250-2001 or visit www.urbanhommeformen.com for more information.



CELIO

The latest collection from the European fashion label focuses on essential clothing items and a guiding principle of keeping things simple, resulting in a range of elegant parkas, chinos, slim-fit jackets and shirts. Also on the rack is a selection of knitwear made of soft fabrics that are either flecked or washed with cold dyed designs. The label's denim collection also features stonewashed selvedge options. From \$14.90 to \$169.90, available at Celio boutiques.

SPEEDO

Here's swimwear that can give you the edge in the pool. The Speedo Fit Pinnacle V Jammer promises to improve your body position in the water via mesh compression panels that cover the maior muscle groups. together with a higher waistband that helps engage core leg muscles. The result: A suit that makes it easier to maintain a streamlined position in water, minimising energy expenditure. Available at Speedo (Pasir Ris Sports and Recreation Centre), Stadium (Takashimaya D.S.) and Royal Sporting House stores.





LAB SERIES

Formulated to combat visible pores, the all-new Lab Series Power Pore Anti-Shine & Pore Treatment targets enlarged pores, clogged ones and excess oil production. The silky white gel dries down to a soft matte finish upon application, quickly reducing the appearance of pores and the shine of the skin's surface. With continued use, the formula promises to decrease the size of visible pores and eliminate clogged ones with tightening and antioxidative agents. \$49, #B3-44 Ion Orchard.

HEAD

Endorsed by renowned tennis star Novak Djokovic, the **Head Graphene XT Speed** racquet line boasts cutting-edge smarts. The four racquets, optimised for weight distribution, contain graphene – an incredibly light yet strong material. They also feature the innovative Adaptive String Pattern technology, which allows the player to exchange the grommet strips and choose between a 16/16 pattern for more spin or 16/19 for more control. Available at World of Sports and selected retailers.



PRODUCTS PROMOTIONS EVENTS



MERRELL Scale greater heights with the Capra Sport Gore-tex, a waterresistant running shoe built for steep trail ascents and rocky terrain. The Vibram outsole ensures a sure grip, while the tapered midsole affords ample cushioning in the heel and assists in achieving forward momentum. In terms of fit, the lace-to-toe design of each trainer provides additional stability for extreme movements on slopes. \$239, available at selected Royal Sporting House and Stadium stores from May onwards.

FACEWERKZ Late-night partying, long hours at work and a lack of sleep all contribute to unsightly dark circles beneath your peepers. These appear due to poor circulation and thinning skin. In many cases, the home remedy of placing cucumber patches on your eyes won't be enough to reverse the effects. Try the **Advance Eye Therapy** by Facewerkz. The treatment improves microcirculation and strengthens collagen at the eye contour, promising quick results. \$88 (trial price), call 6423-1056 to book an appointment.





MARINER'S CORNER RESTAURANT Savour a slab of juicy New Zealand Angus ribeye with wholegrain mustard (\$29) at a culinary establishment with over 30 years of history. Naturally flavourful, this premium cut of beef carries the right amount of marbling to render the meat tender in the mouth. This dish is served with cheesy potato, grilled tomato and salad greens. The restaurant is conveniently located near Tanjong Pagar MRT. #01-02 Maritime House, 120 Cantonment Road. Call 6224-9928 for reservations.

IAREMY This integrated hair centre provides treatment for thinning and damaged mane. The specialised products available include the Complete DHT Inhibitor & Hair Nutritional, a clinically developed formula that promises to arrest male pattern hair loss and generate stronger and fuller hair quicker. It also has the Maximum Growth Therapy, DHT Blocking Bio-therapy Shampoo and Vitamin Plus Conditioning Treatment. Call 6372-1221 or visit www.aremyhair.com for more information.





KWIKSET With the **Kwikset** Kevo Bluetoothenabled deadbolt, your smartphone is now your key. No smartphone? No problem. Enjoy the same convenience with the included fob. You can also authorise family, friends or visitors by pairing compatible smartphones with your unique "key". Receive notifications of lock activity and manage access with the Kevo Mobile App. The system is highly secure. There's even a Lost Phone Reset should the unthinkable happen. **Contact Calytron Engineering at** 8181-8989 for more

information.

TRUE YOGA Lose weight, get stronger, and feel great by taking part in the **Bikram** Original Hot Yoga 30-day Challenge from May 1 to 31. Organised by True Yoga, the challenge is suitable for both beginners and advanced practitioners. Registration is from April 13 to 30. Complete the challenge and receive a certificate, a Bikram Original Hot Yoga 02 Mist Bottle and a twosession pass for a friend. Level 5, Pacific Plaza. Call 6735-9555 for more enquiries or to purchase your 30-day Challenge pass.





SCALP TECHNOLOGY Scalp Micropigmentation is the leading cosmetic solution for male hair loss. It involves the application of organic pigment to the dermal layer of the scalp via a computercontrolled pigmentation machine, to replicate the natural appearance of real hair follicles and create a shortcropped, buzzed hairstyle. A variety of different styles are achievable, ranging from a clean-shaven look to a closely clipped zero, 0.5 or No. 1 cut. Call 9423-6276 or visit www. scalptechnology. com for a free

consultation.

EPN The Beef Standard by Betancourt Nutrition is what its name implies: It's the new standard in hydrolysed beef protein isolate supplements. It boasts a fastabsorbing agglomerated protein structure rich in peptides and growth factors. Also in the mix are creatine and brown rice bran, a low-GI carbohydrate. The formula is free of gelatin, collagen, fat, lactose, cholesterol, soya and sugar. It contains just 3q of carbs per serving and is available in three flavours: chocolate, vanilla and Cinnamon Swirl. Available at www.epn.com.sq.



EXTRA

BOOK A LAST-MINUTE STAYCATION

If you prefer making room reservations the way you might do with restaurants, download the free Hotelquickly app (iOS, Android and Blackberry). It's like the app Chope for hotels, but only with the ability to make a booking for today or tomorrow. Launching the app shows you the top 10 "hand-picked" hotel deals in each city with quaranteed discounted room rates, says the app's co-founder and CEO, Tomas Laboutka. At the least, this should give you a decent place to crash whether you're travelling for business on short notice or scrambling for a staycation for your anniversary (no, Hotel 81 won't do).



GO CLEAN AT WORK



Spring-cleaning isn't just about straightening up – it can also keep your thoughts in order. According to Princeton University research, a cluttered environment may disrupt your ability to focus and solve problems. If you're having trouble concentrating at work, clear the chaos in your office (especially if it's attracting fruit flies).

DROP YOUR VOICE AND SHE MAY DROP HER INHIBITIONS. WOMEN PERCEIVE MEN WITH DEEP **VOICES AS MORE** ATTRACTIVE... **BUT ALSO MORE** LIKELY TO BE UNFAITHFUL IN THE LONG-TERM, A STUDY IN **PERSONALITY** AND INDIVIDUAL **DIFFERENCES** FOUND. THAT'S **GOOD FOR FLINGS BUT BAD FOR** WEDDING DAYS.

Resting for a few minutes after learning something new can boost memory, a new Scottish study reveals. Quiet rest shields you from outside stimuli, allowing your brain the chance to strengthen new memories, says study author Michaela Dewar.

MASTER THE PERFECT

"It's not about a crushing grip or turning the other guy's hand under yours. Those moves tip him off that you're trying to be assertive," says David B. Givens, author of Your Body At Work, a book about reading body language in business situations. Just be sure to reach out first, so your

arm has more extension than his. When he takes your hand, his elbow will be bent inwards. towards his body. "That's a sign that he's claiming less personal space. Match his grip strength and give three or four pumps. That's how you subtly dominate the interaction."



Link with Global Time, New EDIFICE EQB-500D.

Smartphone Link, Dual Dial World Time for 300 cities.





Casio Edifice is a proud Team Partner of Infiniti Red Bull Racing, four times F1TM World Champion





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For a list of supported mobile phones and the latest updates, visit http://www.edifice-watches.com/bs/

Available at all G-Factory stores.

Selected authorised retailers: Advance Lap Kallang Leisure Park, Tel: 6348 2998 • Aik Seng Photo Lucky Plaza, Tel: 6734 5771 • Aptimos BHG Bugis Junction, Tel: 6337 5075 • Aptimos Lucky Plaza, Tel: 6732 6386 • Aptimos Wisma Atria, Tel: 6235 8983 • Fly's Watch Hub Rivervale Plaza, Tel: 6388 4662 • Gassan Watches - T1, Tel: 6214 9470 • Gracious Departmental Store, Tel: 6533 7006 • H2HUB Ang Mo Kio Hub, Tel: 6451 0012 • H2HUB Jurong Point, Tel: 6397 0702 • H2HUB Nex Serangoon, Tel: 6634 4900 • H2HUB West Mall, Tel: 6862 5510 • Horologe Jurong Point, Tel: 6794 2055 • Lim Joo Chiang People's Park Centre, Tel: 6535 0901 • Momentum @100, Tel: 6604 7027 • Momentum Paya Lebar Square, Tel: 6341 6885 • See Toi Watches Woodlands Centre, Tel: 6269 4128 • The Minute & Second HarbourFront, Tel: 6274 6788 • Twinkle Electronic People's Park Complex, Tel: 6538 5626 • Vincent Watch Toa Payoh, Tel: 6256 5076 • Yuen Loong Parkway, Tel: 6447 3194





Longines Boutiques

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